Big Beef Chili

1/8th of recipe (about 1 cup): 189 calories, 3g total fat (1g sat. fat), 495mg sodium, 23.5g carbs, 6g fiber, 8g sugars, 18g protein

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Prep: 15 minutes   **Cook:** 30 minutes

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Ingredients

1 lb. raw extra-lean ground beef (4% fat or less)
1/4 tsp. plus 1/8 tsp. each salt and black pepper
2 cups chopped onion
2 cups chopped brown mushrooms
One 15-oz. can kidney beans, drained and rinsed
One 14.5-oz. can crushed tomatoes
One 14.5-oz. can diced tomatoes (not drained)
One 6-oz. can tomato paste
2 tsp. chili powder
2 tsp. chopped garlic
1 1/2 tsp. ground cumin
1 1/2 tsp. Worcestershire sauce

Directions

Bring a large pot sprayed with nonstick spray to medium-high heat. Add beef, and sprinkle with 1/4 tsp. each salt and pepper. Cook, stir, and crumble for about 6 minutes, until fully cooked.

Add remaining ingredients -- including remaining 1/8 tsp. salt and black pepper -- and 1/2 cup water. Mix well, and bring to a boil.

Reduce to a simmer. Cover and cook for 20 minutes, or until veggies have softened. Enjoy!

MAKES 8 SERVINGS