



All for the Beef

Prep 5 mins

Cook 40 mins

Yields 9 servings

Corn and Black Bean Beef Chili



Recipe Card

Shopping List



Extra-lean ground beef
Onion
Sweet pepper
Canned diced tomatoes
Canned black beans
Chili powder
Ground cumin
Frozen corn

Ingredients

1 lb (500 g) extra lean/lean ground beef
sirloin or extra lean/lean ground beef
1 large onion, diced
1 large sweet pepper, diced
2 tbsp (30 mL) chili powder
1 tsp (5 mL) ground cumin
1 can (28 oz/796 mL) diced tomatoes
1 can (14 oz/398 mL) tomato sauce
1 can (19 oz/540 mL) black beans, drained
and rinsed
1 ½ cup (375 mL) frozen corn kernels

Instructions

1. Cook beef, onion, sweet pepper, chili powder and cumin in large saucepan or Dutch oven over medium heat until meat is thoroughly cooked and any liquid has evaporated.
2. Stir in tomatoes, tomato sauce, beans and corn.
3. Cook over medium-high heat until boiling. Reduce heat to medium; simmer, covered, for 30 minutes, stirring occasionally.

Chili Enchiladas: Spread 2 cups (500 mL) chili in 13 x 9 inch (3 L) baking dish; set aside. Spoon ½ cup (125 mL) chili onto centre of each of 8 small flour tortillas. Roll up; place seam side down in baking dish. Spoon remaining chili over enchiladas. Sprinkle with 1 cup (250 mL) shredded Cheddar cheese. Bake in 350°F (180°C) oven for 30 minutes. Makes 8 enchiladas.

