

# Taco Chili

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This is a quick, tasty, cheap, versatile, high-fiber, and low-calorie chili. I call it a “dump & stir” dish because it’s so easy. **It’s just ground beef with beans, veggies, and seasoning.** *The list of ingredients below is long just because there are MANY variations on this basic recipe.*



## INGREDIENTS

Important: Do NOT drain any of the canned ingredients. (You can add water back if you forget. But it’s more flavorful and it thickens quicker with the canned foods’ original water.)

- 1 lb. lean ground beef or chicken breast strips (some versions say just 1/2 lb., but more tastes better!)
- 1-2 cans (15.5 oz.) dark red kidney beans
- 1 can (15 oz.) Texas ranch-style chili beans
- 1-2 cans (10 oz.) Rotel® or other brand of stewed tomatoes with green chilies. (NOTE: I use Kroger brand’s 14.5-oz. can.)
- 2 cans (14.5 oz.) stewed tomatoes
- 1 can (15.25 oz.) whole-kernel yellow or white shoepeg corn
- 1 packet of dry taco seasoning mix
- 1 small packet of Hidden Valley Ranch® powdered dressing mix (the brand is great for flavor)
- 1 medium onion, chopped
- Optional ingredients (I omit): 1/4 cup uncooked Minute® rice, bell pepper, diced green chilies, or jalapeños
- Optional seasoning (I omit): Cumin
- Optional garnishes (I always use the first two): Shredded cheddar cheese, sour cream, cilantro or parsley, and green onion slices

## INSTRUCTIONS

Cook ground beef or chicken strips thoroughly in skillet; drain and discard grease. Transfer to a soup pot and add all remaining ingredients. Simmer 15-20 minutes. Garnish if desired. Great served with Doritos® or Fritos®!

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## Cook's notes:

- Lower-calorie options: Low/no-fat cheese & sour cream; ground turkey instead of beef
- You can substitute pinto beans, black beans, or even Great Northern beans.
- You can substitute a comparable amount of dried beans if desired; just follow the package directions on how to soak/prepare the beans before adding them to this dish.
- I often heat this dish in a Crockpot® slow cooker as soon as I get home just for convenience, but it doesn't really have to cook a long time.
- This tastes even better the next day when leftovers are stored overnight in the fridge and the flavors have blended.
- I don't list the WeightWatchers® points here because this is an old, unofficial, and highly flexible recipe. The points will change anyway based on how the canned food manufacturers are continually shrinking the quantity of canned food to cut corners.

