

Chili con Carne

- Prep Time 25 min
- Total Time 1 hr 50 min
- Servings 4

1 lb lean (at least 80%) ground beef
1 large onion, chopped (1 cup)
2 cloves garlic, crushed
1 tablespoon chili powder
1/2 teaspoon salt
1 teaspoon ground cumin
1 teaspoon dried oregano leaves
1 teaspoon unsweetened baking cocoa
1/2 teaspoon red pepper sauce
2 cups Muir Glen™ organic diced tomatoes (from 28-oz can), undrained
1 can (19 oz) Progresso™ red kidney beans, undrained



Directions:

- 1 In 3-quart saucepan, cook beef, onion and garlic over medium-high heat about 8 minutes, stirring occasionally, until beef is brown; drain.
- 2 Stir in remaining ingredients except beans. Heat to boiling. Reduce heat to low; cover and simmer 1 hour, stirring occasionally.
- 3 Stir in beans. Heat to boiling. Reduce heat to low; simmer uncovered about 20 minutes, stirring occasionally, until desired thickness.