



World's Best Chili Recipes

21 Easy Chili Recipes Everyone Will Love



A Free eCookbook from the Mr. Food Test Kitchen

"OOH IT'S SO GOOD!!®"



World's Best Chili Recipes: 21 Easy Chili Recipes Everyone Will Love

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Dear Friend,

Dinnertime is full of memories and laughter, surrounded by good food and loving family and friends. Times like these call for comforting meals that will keep you warm from head to toe. What better to taste the comfort of home cooking than with a hearty bowl of chili! From beef to chicken to veggie, these simple chili recipes will keep you feeling cozy, even on the dreariest of days.

For a traditional chili recipe that will keep the whole family happy, you'll want to check out our beef chili recipes, such as our simple recipe for **Beefy Chili** (page 4) — just like Grandma used to make! For those in a bit of a rush, you can't beat our **Thirty-Minute Beef Chili** (page 5). Who says chili can't be made in a snap?

If you're looking to shake up your typical chili routine, you can't go wrong with our white chili and chicken chili recipes. Our **Saucy White Chili** (page 8) will allow you to explore a cheaper alternative to beef without sacrificing taste. Plus, when it starts getting closer to holiday season, you can put your leftover turkey to good use with our **Easy Turkey Chili** (page 11).

For the vegetarians in your family, you'll be pleased to find our vegetable chili section. Our **Veggie Packed Chili** (page 14) is chock full of all your favorite veggies so you won't feel like you're ever missing out! Not to mention, our **Southwest Veggie Chili** (page 17) gives you that Tex-Mex twist we know you'll love.

Finally, we know you don't want to be hovering over the stove all day when you have so many other things to do which is why we know you'll love our slow cooker chili recipes! From our recipe for **Chorizo and Black Bean Chili** (page 18), a foodie fiesta, to our all-day **Greek Lamb and White Bean Chili** (page 21), we know you'll find something that'll have you saying...

"OOH IT'S SO GOOD!!®"

Mr. Food
and the Test Kitchen



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P.S. Enjoy this eCookbook filled with 20 easy chicken recipes, perfect for everyone in the family. Remember, the World's Best Chili Recipes eCookbook is available FREE, with many others also available on www.MrFood.com. Go on, tell your friends to visit MrFood.com, so they too can get their very own FREE copies!
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Fire Station Chili

We've all heard that firefighters are known for their talents in the fire station kitchen, so we're sharing a hot idea for a hearty beefy chili recipe that'll get you all fired up. Don't be alarmed...it's simple!

Ingredients

2 tablespoons vegetable oil
1 large onion, chopped
3 garlic cloves, minced
2 pounds ground beef
1 (28-ounce) can crushed tomatoes
1/3 cup chili powder
1 teaspoon salt
1 teaspoon ground cumin
1 teaspoon black pepper
2 (16-ounce) cans red kidney beans, drained

Serves: 8

Cooking Time: 45 min



Directions

1. In a large pot, heat oil over medium-high heat; sauté onion and garlic 5 minutes, or until tender. Add ground beef and brown 8 to 10 minutes, or until no pink remains; drain off excess liquid.
2. Add remaining ingredients; mix well.
3. Reduce heat to low and cover; simmer 30 minutes, stirring occasionally. Serve immediately.



Notes:

For a spicy kick, add 1 tablespoon hot pepper sauce to the other ingredients.

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Beefy Black Bean Chili

Black beans and salsa give this beefy chili recipe a Mexican twist. Serve with corn or tortilla chips. Ole!

Ingredients

Makes: 7 cups

Cooking Time: 15 min

- 1 pound ground round
- 2 (15-ounce) cans black beans, undrained
- 1 cup medium or hot chunky salsa
- 2 (8-ounce) cans tomato sauce
- 1 tablespoon chili seasoning mix

Directions

1. Cook beef in a large saucepan over medium-high heat, stirring until it crumbles and is no longer pink. Drain, if necessary.
2. While beef cooks, drain and mash 1 can of beans. Add mashed beans, undrained beans, salsa, tomato sauce, and seasoning mix to saucepan; stir well. Cook over medium heat 10 minutes or until thoroughly heated.
3. Spoon into serving bowls, and serve with sour cream, shredded Cheddar cheese, and chopped scallions, if desired.



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Beefy Chili

Rich and tasty Beefy Chili is one hearty meal. Top with cheese and serve with a big hunk of cornbread for a dish sure to satisfy.

Ingredients

Serves: 6

Cooking Time: 1 hr 45 min

1/4 cup vegetable oil
3 pounds lean boneless beef chuck roast, well-trimmed and cut into 1-inch cubes
1 onion, chopped
3 garlic cloves, minced
3 tablespoons chili powder
2 teaspoons ground cumin
2 teaspoons salt
2 teaspoons pepper sauce (like Tabasco®)
3 cups water
1 (4.5-ounce) can chopped green chilies, drained

Directions

1. In a large saucepan, heat oil over medium-high heat; add beef and cook 5 minutes. Drain off liquid. Add onion and garlic, and sauté 5 minutes, stirring frequently, or until beef is browned on all sides and onion is tender.
2. Add chili powder, cumin, salt, and pepper sauce; stir and cook 1 minute. Add water and chilies and bring to a boil, stirring occasionally. Reduce heat to low, cover, and simmer 45 minutes, stirring occasionally.
3. Remove lid and simmer 45 more minutes, or until beef is fork-tender, stirring occasionally.



Notes:

Serve over rice and garnish with chopped onions, shredded cheese, and sour cream, if desired.

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Bread Bowl Chili

Edible bowls make it easy for our gang to clean their plates! This hearty beef chili recipe is served up in individual Kaiser rolls is as fun to make as it is to eat. Don't forget to keep this idea in mind for stews and chowders, too!

Ingredients

2 pounds ground beef
1 teaspoon minced garlic
1 (28-ounce) can crushed tomatoes
2 (15-ounce) cans red kidney beans, undrained
1 ounce envelope onion soup mix
3 tablespoons chili powder
8 Kaiser rolls

Serves: 8

Cooking Time: 45 min



Directions

1. In a large pot, combine ground beef and garlic over medium-high heat, and brown 10 minutes.
2. Add crushed tomatoes, kidney beans, onion soup mix, and chili powder; mix well and bring to a boil, stirring frequently. Reduce heat to low, and simmer 30 minutes.
3. Meanwhile, cut a 1-1/2-inch circle off the top of each roll and remove bread circles. Reserve circles to serve with chili for dunking. Hollow out rolls, leaving 1/2 inch of bread around sides, creating bowls.
4. Place bread bowls on plates and spoon chili into them, allowing chili to overflow.



Notes:

Make sure to have sour cream, chopped onions, and shredded cheese on hand to use as chili toppers.

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Thirty-Minute Beef Chili

They say there's no better chili than in Texas, but now we can have those same Texas flavors wherever we live. We must admit that we added the tomatoes ourselves, 'cause true Texas chili doesn't ever have tomatoes (or beans, either).

Ingredients

Serves: 4

Cooking Time: 30 min

1 pound lean beef cubed steaks
3 tablespoons chili powder
2 teaspoons ground cumin
1-1/2 teaspoons garlic powder
3/4 teaspoon dried oregano
1/2 teaspoon cayenne pepper
2 teaspoons vegetable oil
1 onion, chopped
1/2 teaspoon salt
1 can (28 ounces) whole tomatoes, undrained
1 box (9 ounces) frozen whole kernel corn, thawed

Directions

1. Cut each steak lengthwise into 1-inch-wide strips, then cut crosswise into 1-inch pieces.
2. In a small bowl, mix the chili powder, cumin, garlic powder, oregano and cayenne pepper. Sprinkle beef with 2 teaspoons of seasoning mix.
3. In a large deep skillet, heat oil over medium heat. Stir fry beef and onion 2 to 3 minutes. Season with salt.
4. Add tomatoes (breaking them up with the back of a spoon), corn, and remaining seasoning mix. Bring to a boil, then reduce heat to medium-low and simmer, uncovered, 18 to 20 minutes.



Notes:

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Chili Beef Soup

Should you make chili or soup? Can't decide? This is where Chili Beef Soup comes to the rescue!

Ingredients

1/2 pound ground beef
1 onion, chopped
1 (14-1/2-ounce) can diced tomatoes, undrained
1-1/2 cups water
1 (16-ounce) can kidney beans, undrained
1 (8-ounce) can whole kernel corn, drained
1 (8-ounce) can tomato sauce
1 teaspoon chili powder

Serves: 6

Cooking Time: 35 min



Directions

1. In a soup pot, brown ground beef and onion over medium heat 5 to 7 minutes. Add remaining ingredients; mix thoroughly.
2. Reduce heat to low and simmer, uncovered, 30 minutes, or until thoroughly heated.



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Secret Recipe Chili

This secret Texas beef chili recipe comes as a special gift to us, direct from the Goode Company Bar-B-Q restaurant in Houston, Texas, where Texas chili is king.

Ingredients

3 tablespoons vegetable oil (see Notes)
1 large yellow onion, coarsely chopped
1 tablespoon chopped garlic
1-1/2 pounds top sirloin beef, cut into 1/2-inch chunks
1-1/2 pounds lean pork butt, cut into 1/2-inch chunks
1 tablespoon ground cumin
2 teaspoons salt
1 teaspoon black pepper
4 cups beef broth
1/3 cup chili powder
1 teaspoon dried oregano
2 tablespoons masa harina (see Notes)

Serves: 6

Cooking Time: 1 hr 15 min



Directions

1. In a large soup pot, heat oil over medium-high heat. Add onion and garlic, and cook 4 to 5 minutes, stirring occasionally. Stir in beef, pork, cumin, salt, and pepper, and cook an additional 5 to 7 minutes, or until meat is browned.
2. Stir in beef broth, chili powder, and oregano; reduce heat to medium-low and simmer. Add the masa harina; stir well.
3. Cover and continue to simmer over low heat 1 hour, or until meat is fork-tender, stirring occasionally.



Notes:

If you would like a smokier taste, substitute 3 tablespoons bacon drippings for vegetable oil. And you should find masa harina near the cornmeal in your local supermarket; if you'd prefer, you can use fine cornmeal as a substitute.

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Saucy White Chili

This flavorful twist on traditional chili makes creative use of affordable and versatile chicken. If you're looking for a change of pace from beef, this white chili recipe is a hearty alternative.

Ingredients

1 tablespoon vegetable oil
6 skinless, boneless chicken breast halves (1-1/2 to 2 pounds total), cut into 1-inch cubes
1/4 teaspoon salt
1/4 teaspoon black pepper
1 onion, chopped
1 garlic clove, minced
5 (16-ounce) cans Great Northern beans, undrained
1 (14-1/2-ounce) can whole tomatoes, undrained, broken up
1 (4-ounce) can chopped green chilies, undrained
3-1/2 cups chicken broth
2 teaspoons ground cumin
1 teaspoon chili powder

Serves: 8

Cooking Time: 1 hr 5 min



Directions

1. In a soup pot, heat oil over medium heat. Sprinkle chicken with salt and pepper ; sauté 5 to 6 minutes, or until browned.
2. Add onion and garlic and cook 3 to 4 minutes, or until onion is tender. Add remaining ingredients and bring to a boil.
3. Reduce heat to low and simmer 50 to 60 minutes, or until chili thickens slightly, stirring occasionally.



Notes:

For starters, why not serve up a bowl of delicious black bean chipotle hummus?!

For a really hearty meal, we suggest serving this chili in a big bowl over hot cooked rice.

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White Chili

This recipe is always a big hit! Our White Chili recipe mixes delicious flavors with ease and is lighter than a beef chili, so it often tops our list of favorites.

Ingredients

Serves: 8

Cooking Time: 30 min

2 onions, chopped
1 tablespoon olive oil
2 (4.5-ounce) cans chopped green chilies, undrained
4 cloves garlic, minced
2 teaspoons ground cumin
1-1/2 teaspoons dried oregano
Dash of ground red pepper
6 cups chicken broth
5 cups chopped cooked chicken breast
3 (15.8-ounce) cans Great Northern beans, drained
Salt and pepper to taste
3 cups (12 ounces) shredded Monterey Jack cheese with peppers, divided

Directions

1. In a Dutch oven, cook onions in oil over medium-high heat, stirring constantly, until tender.
2. Add green chilies, garlic, cumin, oregano, and ground red pepper; cook, stirring constantly, 2 minutes.
3. Add chicken broth, chicken, beans, and salt and pepper to taste. Bring to a boil, then reduce heat and simmer, uncovered, 10 minutes, stirring often. Stir in 2 cups cheese; cook until cheese melts.
4. To serve, ladle chili into individual soup bowls. Top evenly with remaining cheese and serve immediately.



Notes:

Serve with sour cream, salsa, and chopped fresh parsley or cilantro, so everyone can fix theirs the way they like it best!

South-of-the-Border Chicken Chili

Two all-time favorites, chicken and chili, combined in one dish that you will love making and your family will love eating.

Ingredients

Serves: 6

Cooking Time: 1 hr 5 min

- 1 (16-ounce) can refried beans
- 1 (16-ounce) can baked beans
- 1 (16-ounce) jar chunky-style salsa
- 1/4 cup ketchup
- 4 skinless, boneless chicken breast halves, cut into 1-inch chunks
- 1/2 cup shredded Monterey Jack cheese

Directions

1. Preheat oven to 350 degrees F. Coat a 2-1/2-quart casserole dish with cooking spray.
2. In prepared casserole dish, combine refried beans, baked beans, salsa, ketchup, and chicken. Cover and bake 1 hour, stirring occasionally, until chicken is tender and no pink remains.
3. Remove from oven and sprinkle with shredded cheese; cover and bake an additional 5 minutes or until cheese is melted.



Notes:

Serve in bowls, maybe with some crusty bread. Mmm!

Easy Turkey Chili

Easy Turkey Chili is a light yet hearty chili that gives us the best of both worlds so we can enjoy healthier options without sacrificing the comforting tastes we crave in chili.

Ingredients

Serves: 6

Cooking Time: 35 min

1 pound ground turkey breast
1 onion, chopped
1 green bell pepper, chopped
1/2 teaspoon minced garlic
3 (16-ounce) cans navy beans, rinsed and drained
2 (14-1/2-ounce) cans whole tomatoes, coarsely chopped
1 cup salsa
2 tablespoons chili powder
1 teaspoon ground cumin
1 teaspoon salt
1 teaspoon black pepper

Directions

1. Coat a large saucepan with cooking spray. Add turkey, onion, bell pepper, and garlic. Cook over medium-high heat 5 to 7 minutes, or until no pink remains in turkey, stirring occasionally to break it up.
2. Add remaining ingredients. Bring to a boil, stirring occasionally. Reduce heat to low; cover and simmer an additional 20 minutes.



Notes:

For added flavor, chop additional onion to sprinkle on top, or top each serving with a dollop of reduced-fat sour cream or your favorite shredded low-fat cheese.

California Chili Chicken

When you need something right away, try this fast chicken chili recipe for one of today's light meals with more than a light taste. Mmm mmm!

Ingredients

Serves: 6

Cooking Time: 20 min

2 (29-ounce) cans tomato sauce
1 cup finely chopped onion
2 to 3 tablespoons chili powder (to taste)
1 teaspoon salt
1/2 teaspoon ground ginger
1 teaspoon grated orange rind
1 teaspoon dried oregano
3 pounds boneless chicken (white or dark meat), cut into 1/2-inch cubes
2 (1-pound) cans red kidney beans

Directions

1. In a large saucepan, combine tomato sauce, onion, chili powder, salt, ginger, orange rind, and oregano; bring to a boil.
2. Add chicken, reduce heat to medium-low, and cook 7 to 8 minutes or until chicken is thoroughly cooked, stirring occasionally with a wooden spoon.
3. Add kidney beans, stir gently, and cook just until warmed through.



Notes:

Serve this dish over rice or with cheese nacho chips. You might also want to add at least 1/2 teaspoon hot pepper sauce. It's delicious, but it's up to you.

Twenty Minute Italian Chili

A bowl of hot chili can really hit the spot! This one goes from stovetop to table in about twenty minutes, so we can always enjoy the taste of comfort...even when we're busy!

Ingredients

Serves: 6

Cooking Time: 25 min

1 pound boneless, skinless chicken thighs, cut into 1/2-inch chunks
1/2 pound Italian sausage, casings removed
1 onion, chopped
3 (14-1/2-ounce) cans Italian stewed tomatoes, undrained
2 (15-ounce) cans cannellini beans, undrained
2 tablespoons chili powder
1 teaspoon ground cumin
1/4 teaspoon salt

Directions

1. In a soup pot, cook the chicken, sausage, and onion over high heat 5 to 6 minutes, or until browned, stirring to break up the sausage.
2. Stir in remaining ingredients and bring to a boil. Reduce heat to medium and cook an additional 15 minutes, stirring occasionally.



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Southwest Veggie Chili

This vegetarian chili recipe is so hearty; no one will miss the meat. And our Southwest Veggie Chili offers so many of the Tex-Mex flavors we love.

Ingredients

1 tablespoon vegetable oil
1 large onion, chopped
1 (28-ounce) can crushed tomatoes
1 cup salsa
2 large green bell peppers, cut into 1/2-inch chunks
1-1/2 teaspoons chili powder
1-1/2 teaspoons ground cumin
3/4 teaspoon salt
2 (15-ounce) cans black beans, rinsed and drained
2 cups frozen corn

Serves: 6

Cooking Time: 35 min



Directions

1. In a soup pot, heat oil over medium heat. Add onion and sauté 2 to 3 minutes, or until tender. Add tomatoes, salsa, green pepper, chili powder, cumin, and salt; mix well. Reduce heat to low, cover, and simmer 15 minutes.
2. Add remaining ingredients, cover, and simmer an additional 15 minutes, or until vegetables are tender. Ladle into bowls and serve.



Notes:

Enjoy this topped with sour cream, shredded Cheddar cheese, avocado slices, and scallions.

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Veggie Packed Chili

Set it and go! Toss together this combination of prepared and fresh veggies and simmer the mixture 'til it becomes a thick and chunky vegetable chili. What could be easier or more satisfying?

Ingredients

Serves: 6

Cooking Time: 1 hr 5 min

1 tablespoon vegetable oil
1 large onion, chopped
1 (28-ounce) can crushed tomatoes
2/3 cup salsa (see Note)
1-1/2 teaspoons chili powder
1-1/2 teaspoons ground cumin
3/4 teaspoon salt
2 (15-ounce) cans black beans, rinsed and drained
1 large green bell pepper, cut into 1/2-inch chunks
1 large zucchini, cut into 1/2-inch chunks
8 ounces sliced mushrooms

Directions

1. In a soup pot, heat oil over medium heat. Add onion and sauté 2 to 3 minutes, or until tender. Add tomatoes, salsa, chili powder, cumin, and salt; mix well. Reduce heat to low, cover, and simmer 10 minutes.
2. Add remaining ingredients, cover, and simmer an additional 50 to 60 minutes, or until vegetables are tender. Ladle into bowls and serve.



Notes:

In this dish, most of the kick comes from the salsa, so whichever intensity you use - from mild to hot - is your choice.

Use Your Bean Chili

This homemade chili with beans is a smart make-ahead meal to have ready when you know you're going to have a busy day coming up. Use Your Bean Chili will taste even better the next day when the flavors marry.

Ingredients

Serves: 8

Cooking Time: 20 min

2 tablespoons olive oil
1 large onion, chopped
1 cup picante sauce
1 cup chicken broth
2 (28-ounce) cans crushed tomatoes
1 (15-ounce) can pinto beans, drained
1 (15-ounce) can red kidney beans, drained
1 (15-ounce) can black-eyed peas, drained
1 teaspoon cumin

Directions

1. In a large saucepan or Dutch oven, heat olive oil over medium-high heat; add onion and sauté until softened.
2. Add remaining ingredients, bring to a boil, then reduce heat and simmer 10 minutes.



Notes:

Add some brown meat or sausage and it's a straight, fast chili. We sometimes use a little salt or garlic to give it a tang. If you have a favorite combination of beans, they'll work fine too.

Vegetable Chili

Our meatless vegetarian chili recipe tastes so good, you just might get your finicky eaters to clean their plates. It's a hearty veggie chili created to support Mrs. Obama's "Let's Move" campaign to address the rising rate of childhood obesity.

Ingredients

Serves: 6

Cooking Time: 25 min

1 tablespoon olive oil
1 large onion, chopped
1 (28-ounce) can crushed tomatoes, undrained
2/3 cup picante sauce
1-1/2 teaspoons chili powder
1-1/2 teaspoons ground cumin
3/4 teaspoon salt
2 (15- to 16-ounce) cans red kidney beans, rinsed and drained
1 large red bell pepper, chopped
1 large zucchini, cut into 1/2-inch chunks
1 yellow squash, cut into 1/2-inch chunks

Directions

1. In a large saucepan or deep skillet, heat oil over medium heat. Sauté onion 2 to 3 minutes.
2. Add tomatoes, picante sauce, chili powder, cumin, and salt; mix well. Reduce heat to low, cover, and simmer 10 minutes.
3. Add remaining ingredients, cover, and simmer an additional 10 minutes, or until vegetables are tender.

Notes:



For a change of flavor, you can use black beans instead of red kidney beans, so go ahead and use your favorite.

Be sure to have the usual mix-ins on hand, like shredded cheese, sour cream, chopped fresh tomatoes, and shredded lettuce. And a bowl of tortilla chips, too!

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Chorizo and Black Bean Chili

Mix together black beans, chorizo sausage, and lots of fresh vegetables, and what have you got? Scrumptious Chorizo and Black Bean Chili. Try it and see for yourself!

Ingredients

2 (12-ounce) packages fresh chorizo sausage, casings removed

2 (15-ounce) cans black beans, rinsed, drained, and divided

1 cup frozen chopped onion

1 cup chopped celery

1 cup grated carrot

1-3/4 cups reduced-fat less-sodium chicken broth

1 tablespoon dried oregano

3 tablespoons lemon juice

1/2 teaspoon pepper

1-1/2 teaspoons minced garlic

Sour cream

Serves: 6

Cooking Time: 4 hr 20 min



Directions

1. In a large skillet over medium-high heat, cook sausage, stirring until it crumbles and is no longer pink; drain.
2. In a small bowl, mash 1 can black beans with a fork. In a 3-1/2- to 4-quart slow cooker, combine sausage, mashed beans, remaining black beans, the onion, celery, carrot, chicken broth, oregano, lemon juice, pepper, and garlic.
3. Cover and cook on LOW setting 4 to 5 hours. Serve with sour cream.



Notes:

Mashing 1 can of the black beans will help thicken the chili, making it ooh-so-good!

Slow Cooked Chili

Thick and chunky chili is the heartiest kind, and this slow cooker chili proves it. You'll feel like a pioneer when you enjoy this recipe for dinner or lunch.

Ingredients

Serves: 5

Cooking Time: 5 hr

2 pounds boneless beef chuck or round, cut into 1/2-inch pieces
2 (15-1/2-ounce) cans black beans, drained and rinsed
1 (10-ounce) can diced tomatoes with green chilies
1 (15-ounce) can tomato sauce
1 onion, chopped
2 teaspoons chili powder
1 teaspoon salt
2 teaspoons ground cumin
1/2 teaspoon black pepper
1 cup thick and chunky salsa

Directions

1. In a 4-1/2- to 5-1/2-quart slow cooker, combine all ingredients except salsa; mix well. Cover and cook on high setting 5 to 5-1/2 hours, or on low setting 8 to 9 hours, or until the beef is tender.
2. Just before serving, stir in the salsa; cook 2 to 3 minutes, or until heated through.



Notes:

Top off each bowl of chili with any or all of these: shredded Cheddar cheese, diced onion, and a dollop of sour cream.

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Texas Turkey Chili

Wanna know why we love this Texas Turkey Chili so much? When you taste the mouthwatering mixture of the turkey, veggies, and spice flavors in this slow cooker chili recipe, you'll know exactly why!

Ingredients

1-1/4 pounds lean ground turkey
1 large onion, chopped
1 large green bell pepper, chopped
2 cloves garlic, minced
1 (28-ounce) can crushed tomatoes
1 (15-ounce) can black beans, drained
1 (11-ounce) can whole kernel corn, rinsed and drained
1 (8-ounce) can tomato sauce
1 (1.25-ounce) package chili seasoning mix
1/2 teaspoon salt

Serves: 6

Cooking Time: 3 hr 20 min



Directions

1. In a large skillet over medium-high heat, cook turkey, onion, green pepper, and garlic, stirring until turkey crumbles and is no longer pink; drain. Spoon mixture into a 3-1/2- or 4-quart slow cooker. Stir in remaining ingredients.
2. Cover and cook on HIGH setting 3 hours or on LOW setting 6 hours.

Notes:



Serve with desired toppings like shredded cheese, chopped tomatoes, shredded lettuce, and sour cream. And don't forget the tortilla chips!

Choose the cooking time that best fits your busy schedule. Generally, 1 hour on HIGH setting equals 2 hours on LOW setting.

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Greek Lamb and White Bean Chili

In this Mediterranean twist on traditional chili, lamb and cannellini beans replace ground beef and kidney beans, then Cheddar cheese and sour cream give way to feta and yogurt. We give this version 2 thumbs up!

Ingredients

Serves: 10

Cooking Time: 8 hr 20 min

1 pound ground lamb
1 cup chopped red onion
3 (15-ounce) cans cannellini beans, rinsed and drained
2 (14-1/2-ounce) cans diced tomatoes with garlic and olive oil, undrained
1 (12-ounce) jar roasted red bell peppers, drained and chopped
1-3/4 cups low-sodium beef broth
1/3 cup dry white wine
1/4 cup chopped fresh parsley
1 tablespoon chili powder
2 teaspoons salt-free Greek seasoning
1 cup crumbled reduced-fat feta cheese

Directions

1. In a large non-stick skillet over medium-high heat, cook lamb and onion, stirring until the lamb crumbles and is no longer pink; drain. Place lamb mixture in a 5- or 5-1/2-quart slow cooker.
2. Process 1 can of beans in a food processor until smooth; add to slow cooker. Stir in remaining beans, tomatoes, roasted peppers, beef broth, wine, parsley, chili powder, and Greek seasoning.
3. Cover and cook on LOW setting 8 hours. Top with feta cheese just before serving.



Notes:

For a nice added touch, serve with plain yogurt and pita bread wedges.

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