[Two-bean chili](#)

Recipe credit

University of Minnesota Extension Department of Family, Health and Wellbeing

About this recipe

Serves
8
Serving size
1 1/2 cups
Time to make
20 minutes preparation; 25 minutes cook time
Special criteria
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Ingredients

- 1 pound ground beef
- 1 onion, diced
- 2 stalks celery, diced
- 2 carrots, diced
- 4 cloves garlic, minced
- 1 teaspoon ground cumin
- 1 teaspoon oregano
- 1 teaspoon coriander
- 1 1/2 teaspoons chili powder
- 1 15-ounce can diced tomatoes
- 2 8-ounce cans tomato sauce
- 2 cups water
- 1 14-ounce can black beans, drained
- 1 14-ounce can kidney beans, drained
- 1 cup raw sweet potato, grated
- 1/2 cup green pepper, chopped
- 1 small zucchini or summer squash, chopped
- Salt and pepper (to taste)

Directions

1. Brown the ground beef, onion, celery, carrots, and garlic in a large saucepan. Drain and rinse to reduce the fat content.
2. Add the rest of the ingredients, except for the salt and pepper. Mix well and add water if the chili is too thick.
3. Cook for about 10 minutes until the vegetables are cooked and the flavor has blended. Season with salt and pepper if needed.

Tips and variations

- For a well-rounded meal, serve with a garden salad and whole wheat bread.

- You can substitute other ground meat or meat substitute in this recipe as needed. Try it with ground turkey, chicken, or bison, or with reconstituted textured vegetable protein.
- Leftover chili stores well. Eat within 2-3 days. Alternatively, freeze leftovers in individual or double portions for a quick microwave meal. When reheating leftover chili, bring it to a boil.

Nutritional info

Calories
271
Total fat
12 g
Saturated fat
4 g
Cholesterol
40 mg
Sodium
856 mg
Total carbohydrates
27 g
Dietary fiber
8 g
Protein
16 g
Total sugar
8 g

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