

## Heart Healthy Chili Recipe

Serves 6-8

### Ingredients

- 2 Tbsp olive oil (or more)
- 1 yellow onion
- 2 cloves garlic
- 2 stalks celery
- 2 carrots
- 1 sweet pepper
- 1 lb. ground beef
- 1 15oz. can kidney beans
- 1 15oz. can black beans
- 1 15oz. can diced tomatoes
- 1 6oz. can tomato paste

### Chili Seasoning

- 1 Tbsp chili powder
- 1 tsp ground cumin
- 1/4 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 Tbsp brown sugar
- 1 tsp salt
- 1/2 tsp black pepper



### Directions

1. Dice the veggies and mince the garlic. Add onions and garlic to a large pot with the olive oil and cook over medium heat until they are soft and transparent. Add the remaining veggies and sauté for a couple more minutes. If the pan is too dry, add some more olive oil. Add the ground beef and cook until beef is browned.
2. Add in the chili seasoning mixture, let cook for 1 minute.
3. Drain the beans and add them to the pot along with the diced tomatoes and tomato paste. Stir until well combined. Place a lid on the pot and allow it to simmer over a low flame for at least 30 minutes, stirring occasionally (the flavor gets better the longer it simmers).
4. Give the chili one final taste, adjust the salt or seasonings if needed, then serve hot with your favorite toppings.

Recommended toppings: avocado, cilantro, plain greek yogurt, shredded cheese, green onion, thinly sliced red onion

Recipe adapted from: [The Best Homemade Chili Recipe - Budget Bytes](#)

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