

Beef and Black Bean Chili

Recipe from Cooking Light Magazine

Ingredients:

1 pound of lean ground beef
2 15 oz cans of black beans
1 cup salsa chunky (medium or hot)
2 8 oz cans of tomato sauce
1 tbsp chili seasoning/powder

Low Fat sour cream
Shredded cheddar cheese

Cook meat until browned. Mash 1 can of black beans, put meat and all the beans, salsa, chili seasoning and tomato sauce together in crock pot and stir together. Heat on low in crock pot for 2-3 hours until bubbling. Serve with tbsp. of sour cream and cheddar cheese.

