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# *Beef and Bean Chile Verde*

**Prep Time:** 15 mins

**Cook Time:** 30 mins

**Total Time:** 45 mins

## **Ingredients**

- 1 pounds beef, lean ground, 93 % lean
- 1 large pepper(s), red, bell, chopped
- 1 large onion(s), chopped
- 6 clove(s) garlic, chopped
- 1 tablespoon chili powder
- 2 teaspoon cumin, ground
- 1/4 teaspoon pepper, cayenne, or to taste
- 16 ounce(s) salsa, green (or verde), or green enchilada sauce
- 1/4 cup(s) water
- 15 ounce(s) beans, pinto, or kidney beans, rinsed

## **Recipe Tip:**

Try to buy an all-natural or organic salsa with minimal preservatives. Remember, the fewer ingredients, the better!

## **Preparation**

1. Cook beef, bell pepper and onion in a large saucepan over medium heat, crumbling the meat with a wooden spoon, until the meat is browned, 8 to 10 minutes.
2. Add garlic, chili powder, cumin and cayenne; cook until fragrant, about 15 seconds.
3. Stir in salsa (or sauce) and water; bring to a simmer. Reduce heat to medium-low, cover and cook, stirring occasionally, until the vegetables are tender, 10 to 15 minutes.
4. Stir in beans and cook until heated through, about 1 minute.

