

## Lazy Day Chili

### Preparation Time:

5 minutes

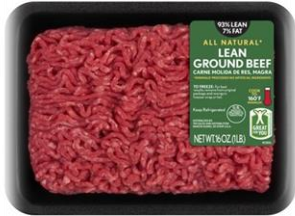


### Cooking Time:






30 minutes

### Nutrition Per Serving:

CALORIES: 239KCAL | PROTEIN: 37G | FAT: 8G | SATURATED FAT: 3G | CHOLESTEROL: 105MG | SODIUM: 282MG | POTASSIUM: 768MG | VITAMIN A: 70IU | VITAMIN C: 0.2MG | CALCIUM: 15MG | IRON: 4.1MG

### Ingredients:

1 ½ pounds of lean ground beef.	
1.25 ounce packet chili seasoning	
(2) 15 ounce cans kidney beans, fully drained and rinsed	

<p>1 ½ cups low sodium beef broth</p>	
<p>1/4 cup chopped fresh cilantro</p>	
<p>(2) 16 ounce jars chunky salsa (the chunkiest you can find!)</p> <p>*If you want your chili <b>spicy</b> you can grab a spicier salsa. Works like a charm!</p>	
<p><b>**optional</b> garnishes: sour cream, shredded cheese, crackers, fresh cilantro, chopped onions, sliced jalapeños, or ketchup.</p>	 



**Directions:**

**Step 1**

Heat beef in a large pot over medium high heat, crumbling as it cooks.



**Step 2**

Once beef is crumbled, stir in the chili seasoning and continue to stir while it cooks.



### Step 3

Chop Cilantro.



### Step 4

When beef is no longer pink, stir in the beans, salsa, beef broth, and cilantro. Stir to fully combine.



### Step 5

Reduce heat to simmer and allow to cook for 15-20 minutes.



This would be a great time to chop your onions if you chose that as a garnish.





### Step 6

Divide soup between bowls. Top with your choice of topping just before serving. Enjoy!!

