

# Beef & Bean Taco Chili

*Teri Rasey - Cadillac MI*

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## Servings: 12

*1 tablespoon canola oil  
1 pound lean ground beef (90%)  
2 large onions, diced  
2 envelopes reduced-sodium taco seasoning mix  
3 cans (16 ounce ea) black beans, undrained  
3 cans (16 ounce ea) pinto beans, rinsed and drained  
2 cans (15 ounce ea) no-salt-added tomato sauce  
1 teaspoon reduced-sodium beef bouillon granules  
optional toppings (sour cream, cheese, tomatoes and chips)*

## Preparation Time: 10 minutes

In a Dutch oven, heat the oil over medium heat. Add the beef and onions. Cook until the beef is no longer pink and the onions are tender, 6 to 8 minutes. Drain.

Stir in the taco seasoning mix, black beans, pinto beans and tomato sauce. Bring to a boil. Reduce the heat. Simmer, uncovered, stirring occasionally, until the flavors are blended, about 30 minutes.

If desired, serve with toppings.

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Per Serving (excluding unknown items): 348 Calories; 2g Fat (6.1% calories from fat); 21g Protein; 63g Carbohydrate; 19g Dietary Fiber; 0mg Cholesterol; 36mg Sodium. Exchanges: 4 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 0 Fat; 0 Other Carbohydrates.