



## Big Beef Chili



1/8th of recipe (about 1 cup): 189 calories, 3g total fat (1g sat fat), 495mg sodium, 23.5g carbs, 6g fiber, 8g sugars, 18g protein

**Green Plan [SmartPoints](#)® value 3\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 2\***

**Purple Plan [SmartPoints](#)® value 2\***

**Prep:** 15 minutes    **Cook:** 30 minutes



More: [Lunch & Dinner Recipes](#), [Four or More Servings](#)

### Ingredients

1 lb. raw extra-lean ground beef (4% fat or less)  
1/4 tsp. plus 1/8 tsp. each salt and black pepper  
2 cups chopped onion  
2 cups chopped brown mushrooms  
One 15-oz. can kidney beans, drained and rinsed  
One 14.5-oz. can crushed tomatoes  
One 14.5-oz. can diced tomatoes (not drained)  
One 6-oz. can tomato paste  
2 tsp. chili powder  
2 tsp. chopped garlic  
1 1/2 tsp. ground cumin  
1 1/2 tsp. Worcestershire sauce

### Directions

Bring a large pot sprayed with nonstick spray to medium-high heat. Add beef, and sprinkle with 1/4 tsp. each salt and pepper. Cook, stir, and crumble for about 6 minutes, until fully cooked.

Add remaining ingredients -- including remaining 1/8 tsp. salt and black pepper -- and 1/2 cup water. Mix well, and bring to a boil.

Reduce to a simmer. Cover and cook for 20 minutes, or until veggies have softened. Enjoy!

MAKES 8 SERVINGS

[SmartPoints](#)® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.