

Taco Chili

PREP TIME:

15 minutes

COOKING TIME:

LOW: 6 - 8 hours
or
HIGH: 3 hours

SERVES:

6

in a pinch, you can skip the sauté steps in preparation.



INGREDIENTS:

1 tbsp light olive oil
1 cup / 1 small onion, diced
1 cup / 1 small red bell pepper, diced
1lb ground beef
1 Southwest Fiesta blend
1 x 14oz can kidney beans, drained
1 x 14oz can diced tomatoes
1 tbsp tomato paste
1 cup corn
2 tbsp flour
1/3 cup / 2 1/2 fl oz water
toppings
cilantro, sour cream, shredded cheese

PREPARE:

heat the oil in a skillet on medium; sauté the onion and pepper
transfer onion mixture to slow cooker
add the ground beef to the skillet and brown for 1 minute
transfer the beef to the slow cooker
sprinkle Southwest Fiesta blend over the mixture in the slow cooker
add the kidney beans, tomatoes, tomato paste, corn, flour and water
stir, cover and cook on LOW: 6-8 hours or HIGH: 3-4 hours
spoon into bowls and top with sour cream, shredded cheese and cilantro