



### Country Chili

1 container Country Chili Mix

Additional ingredients:

- 10 cups water (for soaking beans)
- 1 (8 oz.) can reduced-sodium tomato sauce
- 1 (24 oz.) can diced tomatoes
- 1 lb. ground beef or turkey
- 6 cups water (for cooking beans)



Remove bag of seasoning from jar and rinse beans. In a stockpot, bring 10 cups of water to a boil. Add beans and return to a boil; let boil two to three minutes. Cover and set aside at room temperature for one hour. Drain and rinse the beans. Fill a pot with 6 cups of water and add the beans. Cook beans until soft, about one hour; simmer gently with lid tilted. Brown meat; drain and add to the beans with tomatoes and sauce. Add in seasonings, stir and simmer, covered, for one hour. Add a little more water if needed to thin the broth. For best flavor, use mix within one year. Makes eight servings. Each serving has 240 calories, 6 g fat, 21 g carbohydrate and 290 mg sodium.



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