

Chili Beef Express

Makes 4 servings

Total Recipe Time: 25 minutes

1 pound ground beef (95% lean)

1/4 tsp. salt

1/4 tsp. pepper

1 can (15-1/2 ounces) chili beans in chili sauce, undrained

1 can (14-1/2 ounces) chili-style chunky tomatoes, undrained

1 cup frozen corn

2 Tbsp. chopped fresh cilantro

Heat large nonstick skillet over medium heat until hot. Add ground beef; cook 8 to 10 minutes, breaking into 3/4-inch crumbles and stirring occasionally. Remove from skillet with slotted spoon. Pour off drippings from skillet; return beef to skillet and season with salt and pepper.

Stir in beans, tomatoes and corn; bring to a boil. Reduce heat; cover and simmer 10 minutes. Sprinkle with cilantro before serving.

Cook's Tip: Cooking times are for fresh or thoroughly thawed ground beef. Ground beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of ground beef doneness.

Cook's Tip: Recipe may be doubled; prepare in stockpot.

