

Ingredients

1 package
UNCLE BEN'S® RICE & PULSES™
SMOKEY FLAVOUR RICE &
RED BEANS

8 oz (250 g)
85% lean ground beef

1 cup (250 mL)
Chopped onion

1 tablespoon (15mL)
Chili powder

1 can (19oz.)
Kidney beans, rinsed and
drained, no salt added

1 can (398 mL / 14oz.)
Petite diced tomatoes,
no salt added

2 cups (500 mL)
Water

Optional toppings
Low fat sour cream, shred-
ded cheddar and or pepper
jack cheese, crushed tortilla
chips, crushed corn chips,
sliced green onions

Vegetarian option
Replace beef with more
beans or lentils

One-Pot Chili & Rice

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This chili is great the day you make it, even better the next day.
A healthy chili that's still a crowd pleaser.

 Makes 6 servings
(About 1 cup)

 Prep: 15 minutes Cook: 20 minutes
Total: 35 minutes



- 1 In a Dutch oven or heavy bottom pot over medium high, cook beef and onion until meat is no longer pink, about 7 minutes; drain. Return meat mixture to pan; return pan to heat.
- 2 Add chili powder; cook, stirring 1 minute. Prepare rice according to package instructions; add to pan. Stir in the remaining ingredients. Bring to boil. Reduce heat; cover and simmer for 10 minutes.
- 3 Serve with optional toppings as desired.

Note: Nutrition facts based on ingredients in the recipe description and do not include side dishes shown in photography.

Nutrition Facts*

Per serving

Calories 345	Cholesterol 50 mg (17% DV)	Protein 23 g
Calories from Fat 120	Sodium 459 mg (19% DV)	Vitamin A 15%
Total Fat 13 g (20% DV)	Carbohydrate 35 g (12% DV)	Vitamin C 15%
Saturated Fat 4.5 g (22% DV)	Dietary Fibre 7 g (28% DV)	Calcium 10%
Trans Fat 0.5 g	Sugars 5 g	Iron 4%

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

