



At Home, Speed Scratch and Budget Friendly

Suppers Made Simple

Making Life Delicious with Taste of Gourmet

Black Bean Chili

Use this mix to prepare 2 or 3 meals – one to eat now and one or two **Bonus Meals** to refrigerate or freeze for later. Enjoy the original Chili or create an entirely different meal using the package of Chili. Eat well, eat healthy, eat economically, and spend less time in the kitchen!

From Evelyn:

Chili is one of the most popular and versatile of all American dishes. Hundreds of Chili Cook-off events are held across the country each year with as many variations! Our Black Bean Chili is definitely a winner!

Basic Recipe for

Black Bean Chili – Serves 7-8

1 can (15 oz) tomato sauce

3 cups water

1 pkg. **Black Bean Chili**

1 lb. ground beef or turkey (optional)

- If using ground beef or turkey, brown the meat in your pan.
- Add all other ingredients, stir and simmer for 30 minutes.
- Chili can be eaten immediately, refrigerated or frozen.
- Top bowls of chili with sour cream, diced tomatoes, corn chips.

Basic Recipe

Black Bean Chicken Chili

1 pkg. **Black Bean Chili**

1 lb raw boneless chicken breast, chopped
(or 1 can chicken)

1 can (28 oz) of diced tomatoes

3 cups water

- Place all ingredients in saucepan. Cook slowly for about 30 minutes.
- Serve hot, garnished with cheese and sour cream if desired.

Grocery List

Meal One – Basic Recipe

1 can (15 oz.) tomato sauce or 1 can (28 oz) diced tomatoes

1 lb. ground beef or turkey or chicken breasts

Meal Two - Casserole

1 can (15 oz.) tomato sauce

1 lb. ground beef or turkey

1 can whole kernel corn

8 oz cheddar or Monterey Jack grated

1 pkg. egg noodles (12 oz.)

Meal Three - Lasagna

1 can (15 oz.) tomato sauce

1 lb. ground beef or turkey or chicken breasts

1 pkg. frozen chopped spinach

1 box lasagna noodles

2 cups Colby or Monterey Jack grated

8 oz. ricotta cheese

2 eggs

Chicken Chili Salad – Bonus Meal

Make a healthy Chicken Chili Salad by pouring hot soup mixture over chopped lettuce and tomatoes for a full flavored meal (with low Weight Watcher points!)

Tip: **Black Bean Chili** is the perfect 30 minute meal-hot and satisfying! Make either of the basic recipes, divide Chili into 2 cup containers and freeze! You'll be ready for any of the Bonus Meals!

Meal One

Serve either style Chili in bowls topped with sour cream and cheese.

For complete meal: Add shredded lettuce (or salad) to the plate with corn chips and *Suddenly Salsa* on the side.

Meal Two

Black Bean Casserole Serves 6 – 8

1 lb. ground beef or turkey
1 pkg **Black Bean Chili**
1 can (15 oz) tomato sauce
4 cups water
1 can whole kernel corn
8 oz cheddar or Mexican cheese, grated
1 pkg. egg noodles (12 oz.)

- Brown ground meat, drain. Add mix, tomato sauce, water and corn. Stir and simmer for 30 min.
- Cook noodles while Chili simmers.
- In buttered 9 x 13 baking dish, (or two smaller dishes) layer noodles, chili, cheese - then repeat layers.
- **Note:** Dish will hold at this point for two days, refrigerated or it can be frozen.
- Bake at 350 for 20 to 25 minutes.
- Top servings with chopped tomatoes and sour cream

To Freeze: Divide into containers to fit YOUR family's portion size. Wrap tightly and freeze. To serve, thaw and bake as directed.

For Complete Meal: Simply add shredded lettuce (topped with sliced avocado) with corn chips and *Suddenly Salsa* on the side.

Meal Three

Mexican Lasagna Serves 6 – 8

1 pkg **Black Bean Chili**
1 can tomato sauce (15 oz)
4 cups water
1 pkg. frozen chopped spinach
1 box lasagna noodles
2 cups Colby or Monterey Jack grated
8 oz. ricotta cheese
2 eggs

- Combine Chili mix, tomato sauce and water in saucepan, cook for 30 minutes on low. (Add meat if desired)

- Thaw spinach, put on clean dish towel and squeeze moisture from spinach.
- Mix spinach, ricotta and eggs.
- Cover bottom of buttered baking dish with Black Bean Chili.
- Add a layer of uncooked noodles, spinach mixture, Chili, then cheese.
- Repeat layers, covering noodles generously with Chili.
- Cover dish tightly and bake for 1 hour at 350 degrees.
- Garnish with sour cream and chopped tomatoes.

Make Ahead Notes: Lasagna can be assembled the day before cooking and held refrigerated, or wrapped tightly and frozen. Use 9 x13 baking dish or smaller ones to fit YOUR family's size.

For Complete Meal: Simply add shredded lettuce (topped with sliced avocado) with corn chips and *Suddenly Salsa* on the side.

Bonus Meals:

Chili Spaghetti: Serve **Chili** (with or without meat) over cooked spaghetti. Top with cheese.

Use prepared **Chili** to make a Taco Salad.

Top a baked potato with **Chili** for a full meal!

Simple Chili Dip: Melt cheese into **Chili**, top with chopped onions.

Quesadilla: Spread flour tortilla with **Chili** and cheese. Top with another tortilla, toast lightly in oiled pan or under broiler.

Serve prepared **Chili** over rice topped with diced tomatoes, onion and sour cream.

“Suppers Made Simple” features one of the six delicious mixes in the Soup Collection that includes:

Creole File Gumbo Creamy Delta Bisque
Black Bean Chili Colonial Corn Chowder
Southwest Soup Positively Smashing Potato Soup

Black Bean Chili – Basic Recipe

WW Points – 4 made with ground turkey

List of Ingredients: Black beans, chili pepper, spices, salt, garlic, bell peppers, jalapeno pepper.

Nutrition Facts: Dry mix only: 6 per mix – for 1 serving:
Calories 80, Calories from Fat 10, Total Fat 1g, Saturated Fat 0g, Cholesterol 0mg, Sodium 300mg, Carbohydrate 15g, Sugars 2g, Protein 4

Keep your Pantry Packed with Taste of Gourmet!
Your Gourmet Consultant is: