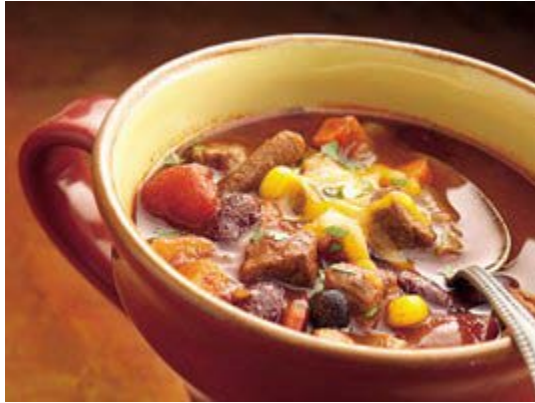




Slow Cooker Beef-Vegetable Chili



Round steak in place of ground beef makes a classic kettle creation more hearty and delicious.

- 1 ½ pounds beef boneless round steak
- 1 large onion, coarsely chopped (1 cup)
- 1 bag (12 oz) Green Giant® Valley Fresh Steamers® frozen mixed vegetables, thawed
- 2 cans (14.5 ounces each) diced tomatoes with green chilies, undrained
- 1 can (15 oz) Progresso® black beans, rinsed and drained
- 1 can (15 oz) Progresso® dark red kidney beans, rinsed and drained
- 1 envelope (1.25 ounces) chili seasoning mix
- 2 cups water
- ¾ cup shredded Cheddar cheese (3 ounces)
- 2 tablespoons chopped fresh cilantro

1. Spray 12-inch nonstick skillet with cooking spray. Cut beef into 1/2-inch cubes. Cook beef and onion in skillet over medium-high heat 7 to 9 minutes, stirring occasionally, until beef is brown; drain.
2. Mix beef mixture and remaining ingredients except cheese and cilantro in 3 1/2- to 4-quart slow cooker.
3. Cover and cook on Low heat setting 7 to 9 hours. Top individual servings with cheese and cilantro.

Makes 6 servings (1 1/2 cups each)

Nutrition Information:

1 Serving (1 Serving)

● Calories 450 (Calories from Fat 90), Total Fat 10g (Saturated Fat 4 1/2g, Trans Fat 0g), Cholesterol 75mg; Sodium 840mg; Total Carbohydrate 48g (Dietary Fiber 14g, Sugars 8g), Protein 42g; **Percent Daily Value***: Calcium : **Exchanges:** 3 Starch; 0 Fruit; 0 Other Carbohydrate; 0 Skim Milk; 0 Low-Fat Milk; 0 Milk; 0 Vegetable; 4 1/2 Very Lean Meat; 0 Lean Meat; 0 High-Fat Meat; 0 Fat; **Carbohydrate Choices:** 3;
*Percent Daily Values are based on a 2,000 calorie diet.