

Healthy Harvest® Pasta Sauce Easy Mediterranean Chili

Preparation Time: 5 minutes
Cooking time: 30 minutes
Servings: 6 (makes 8 cups/2 L)



The robust flavour of Arrabbiata becomes the rich base to this Italian variation on a Tex Mex classic. Serve with garlic toast and a tossed green salad.

Ingredients

1 jar
(570 mL) **Healthy Harvest® Pasta Sauce, Arrabbiata**

1 lb
(500 g) lean ground beef

1/2 tsp
(2 mL) each salt and pepper

1 each onion and orange pepper

1 pkg
(227 g) sliced cremini mushrooms

1 can
(540 mL) cannellini or white kidney beans, drained and rinsed

1 cup
(250 mL) sodium-reduced beef broth

1/4 cup
(60 mL) cornmeal (optional)

Grated Mozzarella cheese and slivered basil (optional)

Instructions

1. Brown beef with salt and pepper in a Dutch oven set over medium heat. Add onion, peppers and mushrooms; cook, stirring often for 10 minutes.
 2. Stir in pasta sauce, cannellini beans, beef broth and cornmeal (if using). Simmer for 15 minutes. Garnish with mozzarella cheese and basil (if using).
-

Tips:

- Adding cornmeal is a great way to thicken and add body to stews; but it can be omitted for an equally tasty, just less thick, chili.
- To prepare in a slow cooker, after browning beef and vegetables, mix all ingredients in a slow cooker. Cook on LOW for 4 hours or on HIGH for 2 hours.
- Replace beef with ground turkey or chicken.
- For those who like more heat, add chili flakes or hot sauce to taste.

Nutritional Information per serving (1/6th recipe or 1 1/3 cups/325 mL):

310 calories, 13 g fat, 4 g saturated fat, 706 mg sodium, 24 g carbohydrates, 6 g fibre, 9 g sugars, 21 g protein.

Excellent source of vitamin C, thiamin, vitamin B12 and zinc. Good source of niacin and iron.



[< Back](#)

[Print this recipe](#)
