

- While beef mixture simmers, cook spaghetti according to package directions; drain and return to pan to keep warm.
- To serve, place pasta on individual serving plates; spoon beef mixture over spaghetti. If desired, top with cheese, chopped onion, and oyster crackers. Yield: 4 servings.

Per serving: Calories 568 Fat 12.6g
Cholesterol 80mg Sodium 1079mg



White Bean Chili

◀ FAMILY FAVORITE ▶

PREP: 30 MINUTES SOAK: OVERNIGHT

COOK: 2 HOURS AND 20 MINUTES

Once you try this cheesy white bean chili, you may never go back to the red stuff.

- 1 pound dried Great Northern beans
- 2 medium onions, chopped
- 1 tablespoon olive oil
- 3 (4.5-ounce) cans chopped green chiles, undrained
- 4 cloves garlic, minced
- 2 teaspoons ground cumin
- 2 teaspoons dried oregano
- 6 cups chicken broth
- 5 cups chopped cooked chicken breast
- 3 cups (12 ounces) shredded Monterey Jack cheese with jalapeño peppers
- ½ teaspoon salt
- ¼ teaspoon pepper
- ¼ cup chopped fresh cilantro (optional)

•Sort and rinse beans; place in a large Dutch oven. Cover with water 2 inches above beans; let soak overnight. Drain; set beans aside.

•Sauté onion in hot oil in Dutch oven over medium-high heat until tender. Add green chiles and next 3 ingredients; cook 2 minutes, stirring constantly. Add beans and chicken broth. Bring to a boil; cover, reduce heat, and simmer 2 hours or until beans are tender, stirring occasionally.

•Add chicken, 1 cup cheese, salt, and pepper. Bring to a boil; reduce heat, and simmer, uncovered, 10 minutes, stirring often. Stir in cilantro, if desired.

•To serve, ladle chili into individual soup bowls. Top each serving with remaining 2 cups cheese. Yield: 13 cups.

Per 1-cup serving: Calories 359 Fat 12.3g
Cholesterol 71mg Sodium 984mg

Vegetarian Chili

◀ FAMILY FAVORITE ▶

◀ VEGETARIAN ▶

PREP: 7 MINUTES COOK: 55 MINUTES

- 1 large onion, coarsely chopped
- 1 tablespoon vegetable oil
- 1 (28-ounce) can whole tomatoes, undrained and coarsely chopped
- ⅔ cup picante sauce
- 1½ teaspoons ground cumin
- 1 teaspoon salt
- ½ teaspoon dried oregano
- 2 (15-ounce) cans black beans, rinsed and drained
- 1 large green pepper, cut into ¾-inch pieces
- 1 large sweet red pepper, cut into ¾-inch pieces
- 2 large carrots, scraped and sliced
- 4 cups hot cooked rice
- 1½ cups (6 ounces) shredded Cheddar cheese
- 1 (8-ounce) carton sour cream

•Sauté onion in hot oil in a Dutch oven over medium-high heat until tender. Add tomatoes and next 4 ingredients; stir well. Bring to a boil; cover, reduce heat, and simmer 5 minutes.

•Stir in beans, peppers, and carrot. Cover and cook over medium-low heat 25 minutes or until vegetables are tender, stirring mixture occasionally.

•Spoon rice into individual soup bowls; ladle chili over rice. Top evenly with cheese and sour cream. Yield: 6 cups.

Per 1-cup serving: Calories 598 Fat 21.3g
Cholesterol 46mg Sodium 1900mg