

Hawaiian Beef & Pineapple Chili with Spinach & Avocado



30 minutes | 2 servings

Find cookware

[can opener](#)
[chef's knife](#)
[colander](#)
[cutting board](#)
[garlic press \(optional\)](#)
[measuring spoons](#)
[medium saucepan](#)
[mixing bowls](#)
[stirring spoon](#)

Grab ingredients

1	avocado
½ (5 oz) pkg	baby spinach
1 (14.5 oz) can	diced tomatoes
2 cloves	garlic
¾ lb	lean ground beef
½ small	pineapple
½ medium	red onion
	black pepper
	chili powder
	cumin, ground
	salt

Cook & enjoy

- 1 Wash and dry the fresh produce. (Skip the spinach if it came pre-washed.)
½ small pineapple
1 avocado
½ (5 oz) pkg baby spinach
- 2 Peel and small dice the onion; transfer to a small bowl.
½ medium red onion
- 3 Peel and mince the garlic; add to the bowl of onion.
2 cloves garlic
- 4 Cut off and discard the skin of the pineapple; halve or quarter the pineapple lengthwise and cut off and discard the core from the pieces. Cut the flesh into bite-sized pieces and transfer to a medium bowl.
- 5 Heat a medium saucepan over medium-high heat.
- 6 Add the onion and ground beef to the saucepan; cook, breaking apart the meat into smaller pieces, until the beef is browned and the onion is tender, 3 to 5 minutes.
¾ lb lean ground beef
- 7 Season the beef with chili powder, cumin, salt, and pepper; stir until fragrant, 15 to 30 seconds.
1 tbsp chili powder
½ tsp cumin
½ tsp salt
½ tsp black pepper
- 8 Add almost all of the pineapple (save a few pieces for garnishing) and diced tomatoes to the saucepan; stir to combine.
1 (14.5 oz) can diced tomatoes
- 9 Increase the heat and bring the chili to a boil. Once boiling, reduce the heat to low, cover, and cook for 10 minutes.

- 10 Halve and pit the avocado; scoop out the flesh and discard the skins. Medium dice the flesh and transfer to a small bowl.
- 11 Stir the spinach into the chili until it wilts.
- 12 Divide the chili between two bowls (or one bowl and one lunch container) and garnish with the remaining pineapple and avocado chunks. Enjoy!