

# No Heat Chili (or Beef and Bean Soup)

Kalyn's Kitchen blog, 10/2012



## Servings: 6

1. Soak pinto beans overnight covered in cold water. Drain. Add fresh water, covering beans by at least an inch, bring to a boil and simmer for 45 minutes, or until tender. Drain, but reserve liquid.
2. Heat 2 tsp. olive oil in large heavy frying pan (large enough to hold all of the chili/soup mixture, add ground beef and season with Spike seasoning, then saute until beef is well-browned, breaking apart as it cooks. When it's well browned, remove beef and set aside.
3. Heat 2 tsp. more olive oil in same frying pan, then add onion and saute about 5 minutes, or until onion is starting to brown. Add minced garlic and saute 2 minutes more, then add Mexican oregano, cumin, and dried cilantro. Saute about 2 minutes more.
4. Add beans, ground beef, chicken stock and a cup of bean liquid or water. Bring to a simmer, then add tomato paste and canned tomatoes.
5. Bring to a boil, reduce heat, cover and simmer for 45 minutes, stirring once or twice. Add lime juice and continue cooking for another minute. Taste for seasonings (salt), spoon portions into soup bowls and add sliced green onion and chopped fresh cilantro. Add additional chopped cilantro to add at the table if desired.

1 cup dried pinto beans, unsoaked (or can use 2 cans pinto beans, rinsed and drained)

2 tablespoons olive oil, divided use

1 pound ground beef (Kalyn uses ground beef with less than 10% fat)

1 teaspoon Spike seasoning

1 whole onion, chopped

1 tablespoon minced garlic

2 teaspoons dried oregano, Mexican, not Greek

1 tablespoon ground cumin

1 tablespoon dried cilantro (not required, but recommended)

3 cups chicken broth

1 cup water, or liquid from pressure cooking the beans

2 tablespoons tomato paste

14 1/2 ounces canned tomatoes, diced

1/2 cup sliced green onions

1/2 cup fresh cilantro, or more to taste (highly recommended)

2 tablespoons fresh squeezed lime juice

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Per Serving (excluding unknown items): 439 Calories; 26g Fat (53.0% calories from fat); 23g Protein; 29g Carbohydrate; 10g Dietary Fiber; 64mg Cholesterol; 587mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 4 Fat.

Carolyn T's Blog - Tasting Spoons:  
<http://tastingspoons.com>