

chili in spud bowls

Serves: 6

Prep and Cook time: 25 min

Per serving: 466 calories, 20 g fat, 377 mg sodium

6 already-baked Russet baking potatoes

12 oz ground beef, fresh or frozen

1 TBS vegetable oil

1 large onion (for about 1 cup chopped)

1 can (15 oz) kidney beans

1 jar (16 oz) mild or hot Mexican picante sauce (optional)

1 clove fresh garlic, minced, or 1 tsp bottled minced garlic

1 TBS chili powder

6 TBS shredded Cheddar cheese, or more to taste

Low fat sour cream to taste (optional)

1. Preheat the oven to 400° F.
2. Cut the baked potatoes in half lengthwise and carefully scoop out the pulp, leaving a good ¼ inch of potato pulp on all sides. Set the pulp aside for another use. Place the skins, cut side up, on a baking sheet.
3. Bake the skins, uncovered, until just heated through, 5 to 10 minutes.
4. Meanwhile, if the beef is frozen, run it under hot water so you can remove the packaging. Place the beef on a microwave-safe plate and microwave, uncovered, on high power for 3 minutes to partially defrost.
5. Heat the oil in an extra-deep 12-inch skillet over medium heat. Peel and coarsely chop the onion and add it to the pan.
6. Add the beef (fresh or partially defrosted) to the skillet. Cook, turning and breaking up the meat, until it is crumbled and browned, 8 to 10 minutes.
7. While the beef browns, rinse and drain the beans. Set them aside.
8. When the beef is no longer pink, drain any accumulated fat from the skillet. Add the picante sauce, beans, chili powder, and garlic. Stir well. Cook until heated through, 3 to 5 minutes.
9. When the potato skins are warmed through, remove them from the oven. To serve, place 2 potato skins on each plate and spoon the chili into each spud bowl. Sprinkle 1 TBS of the cheese (or more to taste) over each 'bowl' of chili. Garnish with a dollop of sour cream, if desired.

