

Garden Chili

Makes: 4 servings

Ingredients

3/4-pound ground beef (lean, 10% fat)
1/2 cup green pepper (chopped)
1/2 onion (large, chopped)
1/2 cup celery (chopped)
2/3 cup kidney beans (canned, low sodium, drained and rinsed)
1/2 cup corn (sweet)
1 can tomato sauce (8 oz, no salt)
1 cup tomatoes (chopped fresh)
1 dash black pepper
1/2 teaspoon garlic powder
2 teaspoons chili powder

Directions

1. Place ground beef in a skillet sprayed with non-stick cooking spray. Brown meat over medium-high heat, stirring occasionally to break it into pieces. Drain fat and blot meat with paper towels. Transfer beef into a colander and rinse with very hot water to further remove fat.
2. Add green pepper, onion, and celery. Cook until softened.
3. Add beans, corn, tomato sauce, chopped tomatoes, pepper, garlic and chili powder.
4. Cook mixture over low heat for 20 minutes.
5. Serve hot in bowls. Or serve as a dip with baked tortilla chips or on a bun.
6. Cover and refrigerate leftovers within 2 hours.

Total Cost: \$4.83

Serving Cost: \$1.21

Source: Kansas State University Research and Extension, Fix it Fresh! Recipe Series



Nutrition Facts	
4 servings per container	
Serving size	(299g)
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 190mg	8%
Total Carbohydrate 20g	7%
Dietary Fiber 5g	18%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 22g	
Vitamin D 0mcg	0%
Calcium 44mg	4%
Iron 4mg	20%
Potassium 635mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

