Garden Chili

Ingredients:

¾ pound ground beef
½ cup green pepper (chopped)
½ onion (large, chopped)
½ cup celery (chopped)
2/3 cup kidney beans (canned, drained and rinsed)
½ cup corn (sweet)
8 ounces tomato sauce
1 cup tomatoes (chopped)
1 dash black pepper
½ teaspoon garlic powder
2 teaspoons chili powder

Nutrition Facts

Serving Size 1/4 of recipe (300g)
Servings Per Container 4

Amount Per Serving

Calories 320	Calories from Fat 60
	% Daily Value*
Total Fat 7g	**11%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 75mg	**25%**
Sodium 480mg	**20%**
Total Carbohydrate 29g	**10%**
Dietary Fiber 10g	**40%**
Sugars 7g	
Protein 34g	

Vitamin A 15% • Vitamin C 45%
Calcium 8% • Iron 35%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Directions:

1. Place ground beef in a skillet sprayed with non-stick cooking spray. Brown meat over medium-high heat until it is no longer pink, 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.

Source: Kansas State University Research and Extension, Fix it Fresh! Recipe Section
http://recipefinder.nal.usda.gov/recipes/garden-chili