

Chili with Red Beans

Non-stick cooking spray

1 medium onion, chopped

½ pound extra-lean ground beef

4 cups or 2 (15-ounce) cans red kidney beans

3 cups or 1 (28-ounce) can chopped tomatoes

1 tablespoon garlic powder

1-2 tablespoons chili powder

Wash your hands. Spray Dutch oven or large pot with non-stick cooking spray. Place chopped onion and ground beef in pot and cook over medium heat. Cook until meat is browned, and onion is soft (about 5 minutes); drain.

Add undrained red kidney beans, tomatoes, garlic powder, and chili powder to cooked ground beef and onions. Stir to mix well. Bring to a boil and cook slowly for 10-15 minutes. Stir often to prevent chili from sticking to bottom of pot.

Yields: 8 (1 cup) servings.

Nutrition Information per Serving: 150 calories, 1.5g fat, 12g protein, 22g carbohydrate, 5g fiber, 400mg sodium. Excellent source of vitamin C. Good source of iron and vitamin A.

Notes:

- Drain grease over a bowl. Allow to cool and dispose of in the trash. Do not pour grease down sink as it can clog the sink.
- Serve with tossed salad, cornbread muffin, and skim milk for a quick meal.
- Chili may be served over cornbread, tortilla chips, baked potato, or as a part of a taco salad.