Chili con Carne
Makes 6 servings

Ingredients:
1 pound lean ground beef or ground turkey 
1 medium onion, chopped 
1 green bell pepper, chopped 
1 clove garlic, minced 
1 cup canned kidney beans, drained and rinsed 
1 8-ounce can low salt tomato sauce 
¼ cup water 
1 teaspoon chili powder 
½ teaspoon salt, if desired

Directions:
1. In a large frying pan, cook meat over medium heat until well cooked. Drain fat and add chopped onion, green pepper, and garlic. Cook for a few minutes, stirring constantly.
2. Add kidney beans, tomato sauce, water, and chili powder to the meat mixture. Add salt if desired. Stir well.
3. Cover the pan and simmer for 15 minutes.

Source: Cornell University Cooperative Extension – New York City Nutrition & Health Programs Recipe Collection, 2006

Nutrition Facts
6 servings per container
Serving size (230g)
Amount per serving
Calories 150
% Daily Value*
Total Fat 3g 4%
Saturated Fat 1g 5%
Trans Fat 0g
Cholesterol 40mg 13%
Sodium 770mg 33%
Total Carbohydrate 12g 4%
Dietary Fiber 3g 11%
Total Sugars 4g
Includes 0g Added Sugars 0%
Protein 19g

*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.