



CHILI, WITHOUT BEANS, CANNED

Date: November 2012 Code: 100138

PRODUCT DESCRIPTION

- Chili without beans is a stew-like soup made from meat, sauce, and chili flavorings.
- Chili without beans is a reduced sodium product and has less sodium than regular chili.

PACK/YIELD

- Chili without beans is packed in 24 ounce cans, which is about 3 servings (about 1 cup each).

STORAGE

- Store unopened cans of chili in a cool, clean, dry place.
- Store remaining opened chili in a tightly covered container not made from metal and refrigerate.
- Look at the “Best if used by” or “Best by” date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

PREPARATION/COOKING

- Canned products are fully cooked, so it is safe to eat them without cooking.
- If heated, serve right away or refrigerate leftovers in a container not made from metal.

USES AND TIPS

- Chili without beans makes a complete meal when served with rice, a vegetable, or salad.
- Use chili without beans as a topping for baked potatoes, or in casseroles or soups.

NUTRITION INFORMATION

- 1 cup of chili without beans counts as 1 oz in the MyPlate.gov Protein group. For a 2,000-calorie diet, the daily recommendation is about 5 ½ ounces of meat. A serving size is about 3 ounces.
- 1 cup of chili without beans provides 25% of the daily recommended amount of vitamin A and 20% of the daily recommended amount of iron.

FOOD SAFETY INFORMATION

- If the can is leaking or the ends are bulging, **throw it away**.
- If the canned food has a bad odor or liquid spurts out when the can is opened, **throw it away**.

OTHER RESOURCES

- www.nutrition.gov
- www.commodityfoods.usda.gov
- www.fns.usda.gov/fdd/

NUTRITION FACTS

Serving size: 1 cup (240g) canned chili without beans

Amount Per Serving

Calories 290 **Calories from Fat** 110

% Daily Value*

Total Fat 12g	18%
Saturated Fat 4g	19%
<i>Trans</i> Fat 0g	
Cholesterol 45mg	14%
Sodium 950mg	40%
Total Carbohydrate 16g	5%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 18g	

Vitamin A 25% Vitamin C 4%

Calcium 6% Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet.

EASY CHILI MAC AND CHEESE

MAKES ABOUT 6 SERVINGS

Ingredients

- 1 can (about 24 ounces) chili without beans
- ½ pound elbow macaroni
- ½ onion, chopped
- Nonstick cooking spray
- 2 cups low-fat cheddar cheese, shredded
- 1 teaspoon black pepper
- 1 tablespoon garlic powder

Directions

1. Cook elbow macaroni according to package directions.
2. Heat a skillet over medium heat and coat with nonstick cooking spray. Cook onion until it is soft. Add chili, black pepper, and garlic powder, and stir well until hot.
3. Stir cheese and chili mixture into cooked macaroni. Mix until cheese is melted and serve.

Nutrition Information for 1 serving (about 1 cup) of Easy Chili Mac and Cheese

Calories	350	Cholesterol	30 mg	Sugar	2 g	Vitamin C	3 mg
Calories from Fat	100	Sodium	670 mg	Protein	23 g	Calcium	200 mg
Total Fat	11 g	Total Carbohydrate	38 g	Vitamin A	23 RAE	Iron	4 mg
Saturated Fat	4 g	Dietary Fiber	2 g				

Recipe adapted from Food.com

15-MINUTE ENCHILADAS

MAKES ABOUT 8 SERVINGS

Ingredients

- Nonstick cooking spray
- 1 can (about 24 ounces) chili without beans
- 1 ½ cups canned refried beans, low-sodium, no-fat
- 2 cups low-fat cheddar or Monterey Jack cheese, shredded
- 8 flour tortillas (large size)

Directions

1. Preheat oven to 350 degrees F.
2. Cover a cookie sheet with foil and spray with nonstick cooking spray.
3. In a medium-size saucepan, heat chili and refried beans until warm (do not boil).
4. Spoon about half of the chili mixture evenly onto the tortillas, sprinkle with cheese, and roll up. Place side by side on the cookie sheet with seam side down.
5. Top tortillas with remaining chili mixture. Sprinkle with remaining cheese.
6. Bake for 10 minutes until cheese is melted.

Nutrition Information for 1 serving (1 enchilada) of 15-Minute Enchiladas

Calories	310	Cholesterol	55 mg	Sugar	7 g	Vitamin C	16 mg
Calories from Fat	150	Sodium	500 mg	Protein	17 g	Calcium	55 mg
Total Fat	17 g	Total Carbohydrate	23 g	Vitamin A	270 RAE	Iron	4 mg
Saturated Fat	6 g	Dietary Fiber	4 g				

Recipe adapted from Food.com