

# Summer Chili

**Makes:** 8 Servings

Fresh summer squash is just one ingredient in this recipe for chili that is chock full of vegetables.

## Ingredients

- 3/4 pound** lean ground beef (or ground turkey)
- 1 cup** onion (chopped)
- 1 cup** carrots (diced)
- 1 cup** green bell pepper (chopped)
- 2 cloves** garlic (finely chopped or 1/2 teaspoon garlic powder)
- 3 1/2 cups** fresh tomatoes (chopped)
- 1 can** low-sodium kidney beans, drained (about 15 ounces)
- 2 cups** water
- 1 1/2 tablespoons** chili powder
- 1/2 teaspoon** salt
- 2 cups** summer squash (yellow squash or zucchini, diced)

## Directions

1. Cook ground beef (or turkey) in a large pot over medium heat until no longer pink. Drain off fat.
2. Add onions, carrots, green peppers, and garlic. Cook over low heat until onion is softened, about 8 minutes.
3. Stir in tomatoes, beans, water, chili powder, and salt. Cook, uncovered, until chili comes to a simmer. Reduce heat and cook, uncovered, 20 minutes. Stir occasionally.
4. Add squash and simmer, uncovered, about 10 minutes longer.

## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>160</b>	
Total Fat	5 g	
Protein	13 g	
Carbohydrates	17 g	
Dietary Fiber	5 g	
Saturated Fat	1 g	
Sodium	210 mg	