

30-Minute Chili

Makes: 6 Servings

It's quick to make and delicious. Beans are naturally low in fat, are free of saturated fat and trans-fat, and are a cholesterol-free source of protein.

Ingredients

- 1 pound** ground beef
- 1** onion chopped
- 2 cups** light red kidney beans, cooked
- 1 can** tomato soup, no water added
- 1 tablespoon** chili powder (or to taste)
- hot pepper sauce (to taste, if you like)

Directions

1. In a large skillet, brown the meat for about 10 to 15 minutes.
2. Drain the meat; add onion and cook for 5 minutes.
3. Add kidney beans, soup, and chili powder and heat for 5 minutes.
If using hot pepper sauce, add that too.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	310	
Total Fat	10 g	
Protein	28 g	
Carbohydrates	26 g	
Dietary Fiber	5 g	
Saturated Fat	4 g	
Sodium	350 mg	