

Garden Chili

Makes: 4 servings

This quick and easy one pan dish is full of veggies, spices, and flavor. Get your kids involved by letting them wash the vegetables.

Ingredients

- 3/4 pound** ground beef (lean, 10% fat)
- 1/2 cup** green pepper (chopped)
- 1/2** onion (large, chopped)
- 1/2 cup** celery (chopped)
- 2/3 cup** kidney beans (canned, drained and rinsed)
- 1/2 cup** corn (sweet)
- 1 can** tomato sauce (8 oz)
- 1 cup** tomatoes (chopped fresh)
- 1 dash** black pepper
- 1/2 teaspoon** garlic powder
- 2 teaspoons** chili powder

Directions

1. Wash your hands and work area.
2. Place ground beef in a skillet sprayed with non-stick cooking spray. Brown meat over medium-high heat, stirring occasionally to break it into pieces. Drain fat and blot meat with paper towels. Transfer beef into a colander and rinse with very hot water to further remove fat.
3. Add green pepper, onion, and celery. Cook until softened.
4. Add beans, corn, tomato sauce, chopped tomatoes, pepper, garlic and chili powder.
5. Cook mixture over low heat for 20 minutes.

Nutrition Information

Nutrients	Amount
Calories	242
Total Fat	9 g
Saturated Fat	3 g
Cholesterol	54 mg
Sodium	480 mg
Total Carbohydrate	20 g
Dietary Fiber	5 g
Total Sugars	7 g
Added Sugars included	0 g
Protein	21 g
Vitamin D	0 IU
Calcium	60 mg
Iron	3 mg
Potassium	768 mg

N/A - data is not available

MyPlate Food Groups

 Vegetables	1 1/4 cups
 Protein Foods	2 ounces

6. Serve hot in bowls. Or serve as a dip with baked tortilla chips or on a bun.

7. Cover and refrigerate leftovers within 2 hours.

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