

Mighty Meaty Chili

This chili is a great way to power up on a cold day! Lots of iron allows this recipe to keep your body going by helping your blood move oxygen to all your cells!

Serves 12



Ingredients

- 1 pound extra-lean ground beef or turkey, browned and drained
- 1 large sweet onion, chopped
- 1 ½ green bell peppers, chopped
- 1 cup carrot, finely grated
- 3 large garlic cloves, minced
- 2 tablespoons extra virgin olive oil
- 1 6 oz can low-sodium tomato paste
- 3 cans low-sodium diced tomatoes
- 2 cans fire-roasted tomatoes
- 1 can chili beans, with sauce
- 1 can low-sodium black beans, rinsed
- 1 can low-sodium white beans, rinsed
- 2 teaspoons dried basil
- 2 teaspoons ground cumin
- 1 tablespoon chili powder
- ½ teaspoon black pepper
- Salt and Cayenne pepper to taste

Nutrition Facts

Serving Size 1 Bowl
Servings Per Recipe 12

Amount Per Serving

Calories 230 Calories from Fat 40

% Daily Value*

Total Fat 4.5g 7%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 20mg 7%

Sodium 360mg 15%

Total Carbohydrate 32g 11%

Dietary Fiber 8g 32%

Sugars 9g

Protein 15g

Vitamin A 50% • Vitamin C 70%

Calcium 8% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Please note: nutritional values are approximate.

Directions

1. In a large stock pot, over medium-high heat, sauté carrot in olive oil for 3 minutes. Add onion, green pepper and garlic and sauté 5 minutes more.
2. Add browned meat and tomato paste, stir until well distributed.
3. Add tomatoes and beans, stirring after each addition.
4. Add basil, cumin, chili powder and black pepper, stirring well.
5. Add cayenne pepper and salt to taste, stirring well to distribute.
6. Bring all ingredients to a boil, stirring constantly, cover and reduce heat to low, simmering for at least 20 minutes.

