

Easy Skillet Chili

This recipe is a good source of iron, which carries oxygen in our blood.

Ingredients:

- 1 pound **ground meat** - beef, chicken or turkey
- 1 **onion**, chopped
- 2 teaspoons **chili powder**
- 1 14.5 ounce can **tomatoes**, chopped with juice
- 2 15 ounce cans **beans** (try black, pinto, kidney or others)
- 1 10.75 ounce can **tomato soup**

Directions:

1. Brown meat and onion in skilled, cook on medium-low heat for 5 minutes, stir often. Drain grease from pan.
2. Add chili powder and stir, cook for 3 - 5 minutes.
3. Add tomatoes, drained beans and tomato soup.
4. Add water; stir and simmer for at least 30 minutes.
5. Refrigerate leftovers within 2 hours.

Nutrition Facts

Serving Size 2/3 cup (245g)
Servings Per Container 12

Amount Per Serving	
Calories 160	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 480mg	20%
Total Carbohydrate 18g	6%
Dietary Fiber 4g	16%
Sugars 5g	

Protein 12g	
Vitamin A 6%	• Vitamin C 15%
Calcium 6%	• Iron 10%

*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	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

12 servings, 2/3 cup each

Bright Ideas:

Tips: Spice up your Easy Skillet Chili by adding: Diced green chilies, diced hot peppers, sautéed fresh mushrooms, sautéed fresh garlic, hot pepper sauce, frozen or canned corn, or extra chili powder.

Source: Oregon State University Extension Service. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>

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