

## Quick Chili

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

### Ingredients:

- 1/2 pound lean **ground meat**
- 1/2 medium **onion**, chopped
- 1 can (15.5 ounces) **kidney beans**, drained
- 1 can (14.5 ounces) diced **tomatoes** with liquid
- 1 1/2 tablespoons **chili powder**

### Directions:

1. Brown meat and onions in a large skillet over medium-high heat (350 degrees in an electric skillet). Drain fat.
2. Add beans, tomatoes, and chili powder.
3. Reduce heat to low (250 degrees in an electric skillet), cover and cook for 10 minutes.
4. Serve hot.
5. Refrigerate leftovers within 2-3 hours.

### Bright Ideas:

- Use pinto or black beans instead of kidney beans.

<b>Nutrition Facts</b>	
Serving Size 1 cup (227g)	
Servings Per Container 7	
Amount Per Serving	
<b>Calories</b> 190	Calories from Fat 60
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	% Daily Value*
<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 430mg	<b>18%</b>
<b>Total Carbohydrate</b> 19g	<b>6%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 8g	
<b>Protein</b> 15g	
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Vitamin A 20%	• Vitamin C 15%
Calcium 15%	• Iron 15%
*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

**7 servings, 1 cup each**

Source: 2006. Adapted from Caring Families Food Choices, WSU Extension Service. For more recipes and other resources on eating well for less, visit the OSU web site at <http://healthyrecipes.oregonstate.edu>.