



10-Minute Hearty Chili

Servings: 4

Ingredients:

- 2 cups lean ground beef, cooked
- 16-ounce can kidney beans
- 16-ounce can tomato sauce
- 1 small onion, chopped
- 1 to 2 tablespoons chili powder, to taste

Directions:

1. Wash hands and surfaces.
2. In a saucepan, mix all ingredients. Cook over medium heat until heated through, about 10 minutes.
3. Refrigerate leftovers immediately.



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Nutrition Facts

Amount Per Serving

Calories 260

Calories from Fat 50

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 60mg **20%**

Sodium 820mg **34%**

Total Carbohydrate 26g **9%**

Dietary Fiber 8g **32%**

Sugars 7g

Protein 30g

Vitamin A 30% Vitamin C 20%

Calcium 4% Iron 30%

Tips:

- Have precooked ground beef on hand in the freezer for quick meal preparation.
- Choose a tomato sauce without salt. Rinse the canned beans to remove some of the sodium.
- Make a double batch and freeze the extra in single serving or meal-size containers for an extra quick meal.

Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

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