



February 25- 10 Minute Chili

Not Smart Snack

Link: <http://www.extension.iastate.edu/foodsavings/recipes/10-minute-chili>

Recipe

Ingredients

- ½ pound lean, ground beef
- 1 small onion, chopped
- 16 ounce can kidney beans
- 16 ounce can tomato sauce
- 1-2 Tablespoons chili powder

Directions:

1. Cook ground beef and onion together in a saucepan. Transfer mixture to colander set over a bowl and rinse with warm water to remove grease.* Return to saucepan.
2. Add the kidney beans, tomato sauce, and chili powder to the saucepan.
3. Cook over medium heat until heated through.

Yields 4 servings

Nutrition Facts

Serving Size 1 cup (312.95g)
Servings Per Container 4

Amount Per Serving

Calories 240 **Calories from Fat** 60

% Daily Value*

Total Fat 7g **10%**

Saturated Fat 2.5g **12%**

Trans Fat 0g

Cholesterol 35mg **12%**

Sodium 920mg **38%**

Total Carbohydrate 26g **9%**

Dietary Fiber 8g **31%**

Sugars 7g

Protein 19g **38%**

Vitamin A 20% • Vitamin C 20%

Calcium 6% • Iron 25%

* Percent Daily Values are based on a 2,000 calorie diet.