



A Nutrition Resource

CREATE YOUR OWN CHILI

Yield: 4 Servings | Serving Size: 2 cups

Cost/Serving: \$1.96

Ingredients:

- 1-pound lean ground beef (15% fat or lower)
- 1 cup chopped onions
- 2 cloves garlic, diced or crushed
- 2 cups cooked kidney beans (or canned, rinsed well and drained)
- 2 (15-ounce) cans unsalted diced tomatoes
- 2-3 Tablespoons chili powder
- 1/2 teaspoon cumin
- Salt, to taste (up to 1/2 teaspoon)
- Toppings, as desired

Directions:

- 1) In a pot or large saucepan, brown beef over medium-high heat, breaking it into bite-sized pieces. Drain fat.
- 2) Add onions and garlic and cook until softened.
- 3) Add kidney beans, tomatoes, chili powder, cumin, and salt. Cook 30-60 minutes. Add water as chili cooks if you would like a thinner consistency.
- 4) Serve hot, with your favorite chili toppings.

Options:

Meat: Use lean ground beef, elk, or venison, or try a vegetarian version with no meat. Or use 1 package of Basic Meat Mix and start with step #2 or #3. Leave out the onions and garlic if the Basic Meat Mix already contains these.

Nutrition Facts

4 servings per container
Serving size 2 cups (460g)

Amount per serving
Calories 440

% Daily Value*

Total Fat 18g 23%

Saturated Fat 7g 35%

Trans Fat 1g

Cholesterol 75mg 25%

Sodium 510mg 22%

Total Carbohydrate 37g 13%

Dietary Fiber 11g 39%

Total Sugars 8g

Includes 0g Added Sugars 0%

Protein 32g

Vitamin D 0mcg 0%

Calcium 143mg 10%

Iron 5mg 30%

Potassium 1252mg 25%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Buy Eat Live Better Nutrition Education Program | www.montana.edu/extension/buyeatlivebetter



Find us on Pinterest
pinterest.com/buyeatlive



Find us on Facebook
facebook.com/buyeatlivebetter

This Institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This work is supported by the Expanded Food and Nutrition Education Program (EFNEP) from the USDA National Institute of Food and Agriculture. USDA is an equal opportunity provider, employer, and lender. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



MONTANA
STATE UNIVERSITY

EXTENSION



A Nutrition Resource

Beans: Use any combination of kidney beans, pinto beans, black beans, lentils, etc.

Vegetables: Add 1 cup of vegetables, like frozen corn, chopped zucchini, chopped bell peppers, etc. Add a 15 ounce can of unsalted tomato sauce if you like chili saucier.

Seasonings: If you have made homemade Chili Seasoning Mix, substitute this for the chili powder, cumin, and salt. If the seasoning mix contains salt, leave out additional salt. Red pepper flakes are also an option.

Toppings: Common chili toppings are shredded cheese, low fat sour cream, tortilla chips, and hot sauce.

Timing: The amount of time chili cooks on the stove is variable in recipes. Some people cook theirs for only ten minutes, while others cook for up to 90 minutes.

Leftovers: Chili is often spicier the next day, after flavors have had time to meld.

Microwave Cooking: If you are using cooked meat, you can make a quick chili by mixing meat, tomatoes, beans, and spices and cooking in the microwave for 10 minutes.

Buy Eat Live Better Nutrition Education Program | www.montana.edu/extension/buyeatlivebetter



Find us on Pinterest
pinterest.com/buyeatlive



Find us on Facebook
facebook.com/buyeatlivebetter

This Institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This work is supported by the Expanded Food and Nutrition Education Program (EFNEP) from the USDA National Institute of Food and Agriculture. USDA is an equal opportunity provider, employer, and lender. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



MONTANA
STATE UNIVERSITY

EXTENSION