

# CHILI

Yield: 9 - 1 cup servings

## NUTRITIONAL INFORMATION PER SERVING

- \* Calories: 225
- \* Cholesterol: 33 mg
- \* Sodium: 1195 mg
- \* Fiber: 6 g
- \* Protein: 17 g
- \* Carbohydrates: 24 g
- \* Total Fat: 7 g
- \* Trans Fats: 0

## INGREDIENTS

- \* 1 1/4 lb. Ground Beef
- \* 1/4 cup chopped Onion
- \* 1/2 cup chopped Celery
- \* 1/2 Tbsp. chopped Green Pepper (optional)
- \* 6 oz. can Tomato Paste
- \* 28 oz. can Crushed Tomatoes
- \* 2 - 15 1/2 oz. cans Kidney Beans
- \* 1 1/2 cups Cold Water
- \* 1 tsp. Worcestershire Sauce
- \* 2 Tbsp. Brown Sugar
- \* 2 Tbsp. Chili Powder
- \* 1 tsp. Salt
- \* 1/4 tsp. Black Pepper
- \* 1/2 tsp. Garlic Powder
- \* 1/2 tsp. Cumin
- \* 1/2 tsp. Onion Powder

## DIRECTIONS

- \* In a 3 qt. sauce pan or larger, brown the ground beef. Drain fat.
- \* Add celery, onions, and green peppers.
- \* Simmer for 5-10 minutes or until tender. Add water, crushed tomatoes, and paste.
- \* Stir and let simmer an additional 5 minutes.
- \* Add kidney beans, Worcestershire sauce, spices, and brown sugar.
- \* Simmer for 30 minutes.
- \* Enjoy!



Recipe courtesy of  
Saint Paul Public Schools Nutrition Services