Meat, Bean & Vegetable Chili

Yield: 4 servings, 1½ cup each
Total Time: 25 minutes

Ingredients
1 cup brown rice, uncooked
1/3 lb 90% lean ground beef or turkey
1 medium yellow onion, diced
2 green bell peppers, diced
2 carrots, diced
15.5 oz can kidney beans, drained & rinsed
14.5 oz can low sodium diced tomatoes
15 oz can low sodium tomato sauce

Seasonings:
1 clove garlic, minced
½ Tbsp chili powder
¼ tsp black pepper
1/8 tsp salt
1 tsp cumin
Or seasonings of your choice

Preparation Instructions
1. Cook rice according to package directions.
2. Brown meat in a large pot over medium heat. Drain fat drippings by using a spoon to hold the meat in the pan, and tilting the pan until the fat drains out of one side.
3. Add onions, peppers and carrots to pot and cook 3-5 minutes or until onions are transparent.
4. Add the remaining ingredients (beans, diced tomatoes, tomato sauce and seasonings) and mix.
5. Simmer on medium-low, stirring occasionally for 15 minutes or until vegetables are cooked to desired softness.
6. Place ½ cup brown rice in each bowl. Serve chili over rice.

Nutrition Analysis
Per serving: 440 calories; 6g fat (2g saturated, 0g trans); 25mg cholesterol;
430mg sodium; 75g carbohydrate (13g fiber, 13g sugar); 21g protein.
Vitamin A 35%, Vitamin C 130%, Calcium 8%, Iron 25% Daily Value.

Tips
For a lower-cost or vegetarian version, replace beef with an additional can of drained & rinsed beans – choose your favorite type.

Cost
Per serving: $2.49
For all ingredients: $27.36