



## Chili Con Carne

### Ingredients:

- 1 cup dry or canned (rinsed and drained) kidney beans
- 1 pound lean ground beef or ground turkey
- 1 medium onion, chopped
- 1 green pepper, chopped
- 1 clove garlic, minced
- 1 8-ounce can no-salt tomato sauce
- ¾ cup water
- ½ teaspoon chili powder
- ½ teaspoon salt, if desired

### Directions:

1. If using dry beans, cooking directions: Wash the beans and boil in 4 cups of water for 2 minutes in a covered pot. Turn off heat and soak for 1 hour. Boil for an additional one hour or until tender.  
  
If using canned beans, follow the instructions on the label of the can (rinse and drain).
2. In a large frying pan, cook meat over medium heat until well cooked. If using beef, drain fat from the frying pan. Then add chopped onion, green pepper, and garlic. Cook for a few minutes, stirring constantly.
3. Add kidney beans, tomato sauce, water, and chili powder to the meat mixture. Add salt if desired. Stir well.
4. Cover the pan and simmer for 15 minutes.

Serve with rice.

*Yields 6 servings*

**Source:** Cornell University Cooperative Extension in New York City

| Nutrition Facts   |               |                   |         |
|---|---------------|-------------------|---------|
| Serving Size: 3/4 cup   |               |                   |         |
| Servings Per Recipe: 6  |               |                   |         |
| Amount Per Serving  |               |                   |         |
| Calories  | 199           | Calories from Fat | 81      |
| % Daily Value *   |               |                   |         |
| <b>Total Fat</b>  | <b>9g</b>     |                   | 14%     |
| Saturated Fat   | 3g            |                   | 17%     |
| Trans Fat   | 0g            |                   |         |
| <b>Cholesterol</b>  | <b>4 mg</b>   |                   | 14%     |
| <b>Sodium</b>   | <b>319 mg</b> |                   | 13%     |
| <b>Total Carbohydrate</b>   | <b>13g</b>    |                   | 4%      |
| Dietary Fiber   | 3g            |                   | 12%     |
| Sugars  | 3g            |                   |         |
| <b>Protein</b>  | <b>16g</b>    |                   |         |
| Vitamin A   | 7%            | Vitamin C         | 34%     |
| Calcium   | 4%            | Iron              | 13%     |
| * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. |               |                   |         |
|   | Calories:     | 2000              | 2,500   |
| Total Fat   | Less than     | 65g               | 80g     |
| Saturated Fat   | Less than     | 20g               | 25g     |
| Cholesterol   | Less than     | 300mg             | 300mg   |
| Sodium  | Less than     | 2,400mg           | 2,400mg |
| Total Carbohydrate  |               | 300g              | 375g    |
| Dietary Fiber   |               | 25g               | 30g     |
| 41% calories from fat   |               |                   |         |



ESNY

*Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.*

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities.

This material was funded by USDA's Food Stamp Program and Expanded Food and Nutrition Education Program.

