

20 Minute Chili

Makes 10 Servings



Ingredients:

1 yellow Bell Pepper – chopped
1 green Bell Pepper – chopped
1 large Vidalia onion – chopped
2 lbs. 93% or 96% lean ground beef (or 1 lb. lean ground beef + 1 lb. 100% ground turkey breast)
2 (15 oz.) cans Hunt's Seasoned Diced Tomato Sauce for Chili
2 (15 oz.) cans Fire Roasted Diced Tomatoes – drained
2 (16 oz.) cans Red Kidney Beans – undrained

Directions:

- Combine meat, peppers and onions in skillet and brown until meat is completely cooked and vegetables are tender. No draining necessary when you use super lean meat.
- Stir in beans, tomatoes and tomato sauce.
- Bring to a boil, reduce heat and simmer uncovered for 10 minutes.

Nutrition Info. per serving:

Cal: 253; Pro: 26 gm; Carbs: 27 gm; Fiber: 7.5 gm; Tot. Fat: 5 gm; Sat. Fat: 1.5 gm; Trans Fat: 0 gm; Sod.: 962 mg; Chol: 48 mg; %Cal/Fat: 17%