

## Tailgate Chili



### Nutrition Facts

Recipe makes 4 servings

Calories: 297	Dietary Fiber: 7 g
Fat: 6 g	Sodium: 288 mg
Carbohydrate: 29 g	Protein: 31 g
Cholesterol: 62 mg	

Try this classic Simple Cooking with Heart chili recipe that's good for your heart. It's ready in 30 minutes!

Source: American Diabetes Association

For more healthy recipes, visit:

<http://www.diabetes.org/mfa-recipes>

CareMore Cal MediConnect Plan - <http://duals.caremore.com> - Member Services: 1-888-350-3447

## Tailgate Chili



### Ingredients

- 1 lb. 95% lean ground beef (or ground white meat chicken or turkey)
- 1 medium onion, chopped
- 1 medium bell pepper, chopped
- 1 medium jalapeno, chopped (optional)
- 4 cloves fresh garlic, minced
- 1 Tbsp. chili powder
- 1 Tbsp. ground cumin
- 1/2 tsp. ground coriander
- 15.5 oz canned, no-salt-added or low-sodium pinto or kidney beans, rinsed
- 14.5 oz canned, no-salt-added or low-sodium diced tomatoes, undrained
- 3/4 cup jarred salsa

### Directions

1. Spray large saucepan with cooking spray. Cook beef and onion over medium-high heat for 5-7 minutes, stirring constantly to break up beef. Transfer to colander and rinse with water to drain excess fat. Return beef to pan.
2. Stir in pepper, garlic, and spices. Cook for 5 minutes, stirring occasionally.
3. Add remaining ingredients and bring to a boil. Reduce to simmer, cover and cook for 20 minutes.