

## Hearty Garden-Style Beef Chili

### 8 Servings

#### *What you need:*

- 1 lb Extra-Lean Ground Beef, browned, drained
- 1 tbsp Olive Oil
- 1/2 Large White or Yellow Onion, diced
- 1/2 Large Green Bell Pepper, diced
- 1/2 Medium Red Bell Pepper, diced
- 1 Medium Zucchini, sliced and cut in fours
- 1/2 Jalapeño, seeded and very finely diced
- 1 can (15 oz) Chili Beans (or Kidney Beans, drained)
- 1 can (14.5oz) Diced Tomatoes, low sodium
- 2 cans (15oz. each) Tomato Sauce, low sodium
- 3 tbsp Chili Powder
- 1/4 tsp Cayenne Pepper
- Salt and Pepper to taste



#### *All you do:*

1. Add beef and onion to large skillet. Cook on medium heat until beef is thoroughly cooked throughout, and onions are translucent. Drain grease.
2. In a separate skillet, add olive oil, green and red peppers, zucchini and jalapeño. Sauté over medium heat, approximately five to seven minutes, or until all vegetables are soft.
3. Add the peppers, zucchini and jalapeño mixture to the beef and onions. Mix in tomato sauce, diced tomatoes, chili beans, chili powder and cayenne pepper.
4. Simmer over low heat for ten to fifteen minutes.
5. Add salt and pepper to taste. Enjoy!

Nutritional Information: Total Calories: 250 Total Fat: 9g Saturated Fat: 2g Protein: 18g, Carbohydrates: 24g Fiber: 6g Sodium: 302mg