



Stovetop Chili

Ingredients:

1 pound of 95% fat free ground beef or 99% fat free ground turkey

1 x 15 oz can of diced tomatoes

1 x 16 oz can of low salt kidney beans

1 Tablespoon of chili powder

1 Tbsp cumin

1 tsp garlic powder

Directions:

Brown ground meat on medium to high heat. Place heat on low-medium and add 1 can of drained kidney beans, tomatoes and seasonings. Cover and cook for 10 minutes. Serve.

Nutrition Information per serving:

Ground Turkey

300 calories, 27g carbohydrates, 8g fiber, 46g protein, 3g fat, 1g sat fat, 400 mg of sodium

Ground Beef

338 calories, 27g carbohydrates, 8g fiber, 46g protein, 7g fat, 3g sat fat, 430 mg of sodium

350= 3P,1S,2V,1O	500 = 4P, 2S, 2V, 2O, 1F	600 = 4P,3S, 2V, 2 O, 1F
1 cup turkey chili (3P, 1V, 1S)	1 cup beef or turkey chili (3P, 1V, 1S, 1O)	1 cup beef or turkey chili (3P, 1V, 1S, 1O)
2 Tbsp Low fat sour cream or low fat salad dressing (1O)	2 Tbsp Low fat sour cream or low fat salad dressing (1O)	2 Tbsp Low fat sour cream or low fat salad dressing (1O)
1 cup lettuce (1V)	¼ cup shredded low fat cheese (1P)	¼ cup shredded low fat cheese (1P)
17 grapes (1F)	1 tortilla (80 calories) (1S)	2 tortilla (80 calories each) (2S)
	1 cup lettuce (1V)	1 cup lettuce (1V)
	17 grapes (1F)	17 grapes (1F)

