



Chili

Number of Servings: 10

Serving Size: 1 ¼ cups

Equipment:

Slow cooker

Ingredients:

- 1 pound dried black beans, cooked
(45oz of canned beans may be substituted but note that sodium content may increase)
- 1 pound 93% lean ground beef
- 3 cans (14.5oz) low sodium diced tomatoes, undrained
- 1 large onion, diced
- 1 red pepper, cored and diced
- 3 cloves garlic, minced (about 2 teaspoons)
- 2 ½ tablespoons chili powder
- 1 teaspoon cumin
- ½ teaspoon salt
- 1 teaspoon oregano
- 1 teaspoon basil
- 1 teaspoon black pepper

Directions:

Mix all ingredients into the slow cooker. Cook on low for 6 - 8 hours or on high for 4 hours.

Cost per recipe: \$15.02

Cost per serving: \$1.50

MyPlate servings: 1 ¼ servings of vegetables, 1 protein serving

Nutrition Facts

Serving Size 1 1/4 cups
Serving Per Container 10

Amount Per Serving

Calories 237

	% Daily Values*
Total Fat 5g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2g	
Cholesterol 28mg	9%
Potassium 800mg	23%
Sodium 237mg	10%
Total Carbohydrate 32g	11%
Dietary Fiber 11g	44%
Sugars 4g	
Protein 19g	38%

*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	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

****Nutrition Analysis:** performed using
<https://www.supertracker.usda.gov>