

Chili – 4 servings

1 lb of 94% Lean Ground Beef - 448g
1 Onion - 160g
1 can Bush's Light Red Kidney Beans - 455g
1 can Hunt's Diced Tomatoes - 217g
1 can Hunt's Tomato Sauce - 217g
1 teaspoon Garlic Powder- 8g & Pepper - 6 g
2 teaspoon Chili Powder – 14 g



Matt Nettles & John Early

Recipe: 1310 Calories, 121 Pro, 139 Cho, 36 Fat, 3023 Na

Serving: 328 Calories, 30 Pro, 34 Cho, 9 Fat, 756 Na



This easy chili recipe is high in protein and fiber. Chili can also be a good way to squeeze a few vegetables into a meal. The ingredients for this recipe include: 1 pound of ground beef, 1 white onion, 1 can of kidney beans, 1 can of diced tomatoes, 1 can of tomato sauce, garlic powder, chili powder, and salt and pepper. Use a very lean ground beef to decrease the fat content of the recipe. Venison can also be used as it is much leaner than ground beef and will add a little extra “kick” to the recipe.

Chop the onion and brown the meat in a skillet until the onion is tender. Strain the beef and onion mixture transfer into a larger pot. Then, add the cans of kidney beans, diced tomatoes, and tomato sauce. Mix. Add a pinch of garlic powder, chili powder, salt, and pepper to preferred taste. Bring contents to a boil and simmer for about 15 minutes stirring occasionally. If you like, top with a little grated cheddar cheese. Serve with crackers or cornbread for a total of 4-5 servings.