



WELLNESS

PHYSICAL • MENTAL • SOCIAL

GEHA



TAILGATE CHILI

This tasty, heart-healthy recipe is ready in just 30 minutes.



INGREDIENTS:

- 1 lb. 95% lean ground beef (or ground white meat chicken or turkey for a healthier option)
 - 1 medium onion (chopped)
 - 1 medium green bell pepper (chopped)
 - 1 medium jalapeño (optional, only if you like spicy chili), chopped
 - 4 clove minced, fresh garlic
- OR
- 2 tsp. jarred, minced garlic
 - 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, drained
 - 14.5 oz. canned, no-salt-added, or, low-sodium, diced tomatoes (undrained)
 - 3/4 cup jarred salsa (lowest sodium available)

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 bell pepper, garlic, chili powder, and cumin, and cook for 5 minutes, stirring occasionally.
3. Add remaining ingredients and bring to a boil. Reduce to simmer, cover and cook for 20 minutes.
4. **Optional** – serve topped with low-fat grated cheese, a dollop of fat-free sour cream, sliced avocado, snipped cilantro or chopped green onions.

Makes 4 servings.

Nutritional values per serving:

297 calories
6.0g total fat
2.5g saturated fat
29g carbohydrate
7g dietary fiber
31g protein
288mg sodium

Explore more at the [Chiefs Wellness Program homepage](#) -->