Hearty Garden-Style Beef Chili
Makes 8 Servings  Estimated Cost per Serving: $1.15

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 tbs Chili Powder
1/4 tsp Cayenne Pepper
Salt and Pepper to taste

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. Sautee 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!

NUTRITION INFORMATION (PER SERVING):
Total Calories: 250  Total Fat: 9g  Saturated Fat: 2g  Protein: 18g
Carbohydrates: 24g  Fiber: 6g  Sodium: 302mg

FOOD FOR THOUGHT:

Vitamin C is commonly taken in large doses to prevent or cure the common cold. However, the chief functions of Vitamin C do not include immunity. Vitamin C is a powerful antioxidant that helps protect the body from cellular damage. Vitamin C is also crucial for the production of collagen. Collagen is the foundation of various structures of the body, including bones, teeth, tendons, and skin. Most people associate oranges and orange juice with Vitamin C, not realizing that there are many other food sources rich in this nutrient. Broccoli, red and green bell peppers, potatoes, and tomatoes are all significant sources of Vitamin C!

Caution: Vitamin C is easily destroyed by heat and oxygen, so uncooked, un-cut sources of Vitamin C provide the most benefits!

Recipe provided by Maria Roberts, student intern 1/08
Questions or Comments call Rebecca Gruenes, MS, RD, LD Minnesota State University Mankato Nutrition Health Educator, 507-389-5689, rebecca.gruenes@mnsu.edu