

## 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