

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