

Super Speedy Chili



NUTRITION CONSULTING INC.

It's your health. Take a stand.

What You Need

- 1 pound (500 g) lean ground beef (or lean ground turkey/chicken)
- 1 medium onion, chopped into small pieces
- 1 green pepper, chopped into small pieces
- 1 cup frozen kernel corn
- 1-19oz can (540ml) canned stewed tomatoes
- 1-19oz can (540ml) canned beans in tomato sauce
- 1-19oz can (540ml) can of kidney beans, rinsed and drained
- 2 tsp chili powder (or more)

Makes 8 Servings

Per Serving

Calories 310
Carbohydrates 35 g
Protein 22 g
Fat 10 g
Dietary Fiber 5 g

How You Prepare

1. In a saucepan over medium-high heat, brown meat. Drain fat.
2. Add onions, green peppers and corn.
3. Add remaining ingredients.
4. Reduce heat. Cover. Simmer, stirring occasionally for 20-30 minutes.