

## Ingredients:

- 1 lb. 95% lean ground beef (or turkey)
- 1 medium onion, diced
- 1 medium bell pepper, diced
- 1 medium jalapeno, diced (optional)
- 4 cloves garlic, minced
- 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, and drained
- 14.5 oz. canned, no-salt-added, or, low-sodium, diced tomatoes (undrained)



## Directions:

1. Spray large saucepan with cooking spray. Cook beef and onion over medium high heat for 5-7 minutes, stirring consistently to break up beef.
2. Stir in bell pepper, garlic, chili powder, and cumin, and cook for 5 minutes, stirring occasionally.
3. Add remaining ingredients and bring to boil. Reduce to simmer, cover, and cook for 20 minutes.
4. Optional- serve topped with low-fat grated cheese, dollop of fat-free sour cream, sliced avocado, or snipped cilantro.

**Cost: About \$3.44 per serving!**

## Tips:

- Braising is a great way to cook budget pieces of meat slowly using heat with a little bit of liquid. Think brisket and shoulder.
- A portion of meat is 3 ounces, which is about the size of a deck of cards.

<b>Nutrition Facts</b>	
Serving size	1/4 of Recipe
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>300</b>
	<small>% Daily Value*</small>
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0.5g	
<b>Cholesterol</b> 60mg	<b>20%</b>
<b>Sodium</b> 290mg	<b>13%</b>
<b>Total Carbohydrate</b> 29g	<b>11%</b>
Dietary Fiber 7g	<b>25%</b>
Total Sugars 8g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 31g	<b>62%</b>
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	