



10-Minute Hearty Chili

Servings: 4

2 cups lean ground beef, cooked
16-ounce can kidney beans
16-ounce can tomato sauce
1 small onion, chopped
1 to 2 tablespoons chili powder, to taste

1. Wash hands and surfaces.
2. In a saucepan, mix all ingredients.
Cook over medium heat until heated through, about 10 minutes.
3. Refrigerate leftovers immediately.



Nutrition Facts

4 servings per container

Serving size 1 cup (298g)

Amount per serving

Calories **250**

% Daily Value*

Total Fat 7g 9%

Saturated Fat 2.5g 13%

Trans Fat 0g

Cholesterol 50mg 17%

Sodium 860mg 37%

Total Carbohydrate 24g 9%

Dietary Fiber 7g 25%

Total Sugars 7g

Includes 0g Added Sugars 0%

Protein 23g

Vitamin D 0mcg 0%

Calcium 59mg 4%

Iron 4mg 20%

Potassium 823mg 20%

*The % Daily Value 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.

Helpful Tips

- Have precooked ground beef on hand in the freezer for quick meal preparation.
- Choose a tomato sauce without salt. Rinse the canned beans to remove some of the sodium.
- Make a double batch and freeze the extra in single serving or meal-size containers for an extra quick meal.

Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

Running out of money for food? Contact your local resource center or go online to mydss.mo.gov/food-assistance