



Easy Skillet Chili

Serving Size: 2/3 cup

Yield: 12 Servings

Ingredients:

- 1 pound ground meat, beef chicken or turkey
- 1 onion, chopped
- 2 teaspoons chili powder
- 1 can tomato, chopped with juice
- 2 cans black beans or kidney beans (15oz each)
- 1 can tomato soup (10.75 oz)



Directions:

1. Brown meat and onion in skillet. Drain grease from pan.
2. Add chili powder, tomatoes, drained beans and tomato soup.
3. Simmer for 10-15 minutes, stirring often.
4. Flavor boosters: green chilies, diced hot peppers, sautéed fresh mushrooms, sautéed fresh garlic, hot pepper sauce, frozen or canned corn, or extra chili powder

Nutrition Facts: Calories, 160; Calories from fat, 40; Total fat, 4.5g; Saturated fat, 1.5g; Trans fat 0g; Cholesterol, 35mg; Sodium, 480mg; Total Carbohydrate, 18g; Fiber, 4 g; Protein, 12g; Vitamin A, 6%; Vitamin C, 15%; Calcium, 6%; Iron, 10%.

Source: Oregon State University Extension Service, www.foodhero.org



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