



# Cent\$ible Nutrition Program

Helping Families Eat better for Less

## Chili

- ½ pound ground beef
- ½ cup onion, chopped
- ½ cup green pepper, chopped (optional)
- 3 cups cooked beans
- 1 can whole tomatoes, drained
- 1 can (8 ounces) tomato sauce
- ½ to 1 cup water
- 1 to 2 teaspoon chili powder

1. Brown ground beef, onion, and green pepper in large pan. Drain fat.
2. Add remaining ingredients. Cover and simmer for 30 minutes. Makes 6 servings.

Nutrition Facts	
Serving Size: 1 1/2 cup (242g)	
Servings: 6	
Amount Per Serving	
<b>Calories</b> 250	Calories from Fat 90
<b>% Daily Value*</b>	
<b>Total Fat</b> 10g	<b>16%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0.5g	
<b>Cholesterol</b> 30mg	<b>9%</b>
<b>Sodium</b> 290mg	<b>12%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 7g	<b>28%</b>
Sugars 4g	
<b>Protein</b> 15g	
Vitamin A 6%	Vitamin C 35%
Calcium 6%	Iron 20%
<small>*Percent Daily Values are based on a 2,000 calorie diet.</small>	



TV Show

Cent\$ible Nutrition Program University of Wyoming Family and Consumer Sciences

Dept 3354; 1000 E. University Ave.; Laramie, WY 82071

Visit us on the web: [www.uwyo.edu/cent\\$ible](http://www.uwyo.edu/cent$ible)

USDA and the University of Wyoming are equal opportunity providers and employers. This material was funded by USDA's SNAP-Ed.