

Let's Cook our Commodities!

Chili with Beans

Ingredients

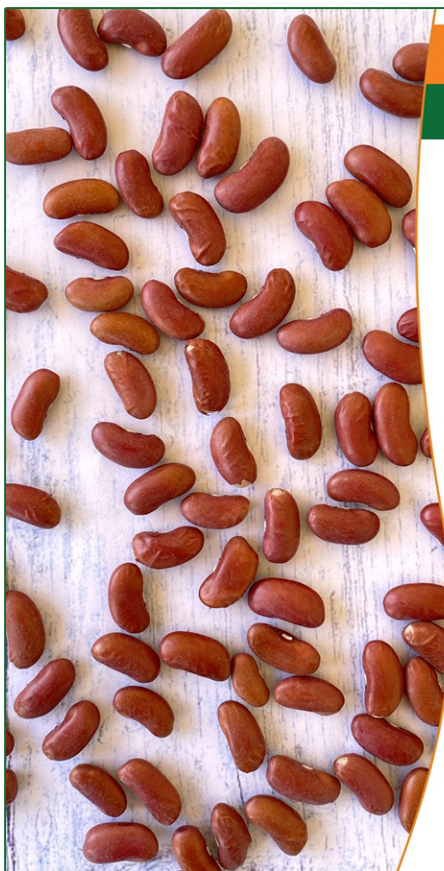
- 1½ cup dried kidney beans
- 1 tsp. salt
- 5 cups water
- 2 Tbsp. vegetable or Canola oil
- 1 small yellow onion, diced
- 2 cloves garlic, minced
- 1 green bell pepper, diced
- 3 stalks celery, diced
- 1 lb. ground turkey, chicken, or lean ground beef
- 1 can (15 oz.) diced tomatoes
- 1 pkg. chili seasoning
- ½ tsp. black pepper
- 2 Tbsp. hot sauce (optional)

Makes
10 servings

Prep Time
15 minutes

Cook Time
1 hour 35 minutes

Good Source of
Protein
Fiber
Iron



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Nutrition Facts

10 servings per container
Serving size 1 cup (297g)

Amount per serving
Calories 310

% Daily Value*

Total Fat 10g 13%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 40mg 13%

Sodium 450mg 20%

Total Carbohydrate 39g 14%

Dietary Fiber 11g 39%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 16g

Vitamin D 0mcg 0%

Calcium 97mg 8%

Iron 3mg 15%

Potassium 813mg 15%

*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.

Directions

1. Prepare the dried kidney beans by placing them in a large pot with salt and water. Cover with a lid and boil over medium-low heat for 1 hour.
2. Once beans are soft, reserve ½ cup of the liquid the beans were boiled in. Strain the rest of the liquid and set aside.
3. In a large pot, heat oil over medium-high heat. Add onions, garlic, bell pepper, and celery and cook until tender, about 3 to 5 minutes.
4. Add ground meat and cook until brown, about 5 to 7 minutes, stirring often to avoid burning.
5. Add the beans with the reserved liquid, and the diced tomatoes to the pot. Mix well.
6. Add chili seasoning, black pepper, and optional hot sauce. Stir to combine well.
7. Bring to a boil, stirring constantly. Once boiling, turn heat down to low and let simmer, stirring occasionally, until sauce reduces and chili becomes thicker, about 20 to 25 minutes.
8. Serve hot with desired toppings or sides. Refrigerate leftovers.

