

Quick Chili

4 SERVINGS, ABOUT 3/4 CUP EACH



Ingredients:

1/2 pound lean ground turkey, chicken or beef

15-1/2 ounce can sodium-reduced kidney beans, drained (save liquid)

1/3 cup bean liquid

1 cup canned tomato puree

1 Tbsp. instant minced onion

1-1/2 Tbsp. chili powder

Directions:

1. Cook meat in hot fry pan until lightly browned. Drain off fat.
2. Stir in remaining ingredients.
3. Bring to a boil. Reduce heat, cover, and simmer 10 minutes.

Per Serving: 230 Calories; 9 grams Total fat; 390 mg Sodium
3/4 cup = 1 protein ounce, 1 grain ounce