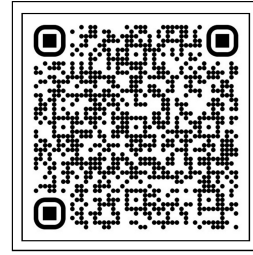




Cornell University
Cooperative Extension
New York City



Chili Con Carne

Ingredients:

- 1 cup dry or canned (rinsed and drained) kidney beans
- 1 pound lean ground beef or ground turkey
- 1 medium onion, chopped
- 1 green pepper, chopped
- 1 clove garlic, minced
- 1 8-ounce can no-salt tomato sauce
- ¾ cup water
- ½ teaspoon chili powder
- ½ teaspoon salt, if desired

Directions:

1. If using dry beans, cooking directions: Wash the beans and boil in 4 cups of water for 2 minutes in a covered pot. Turn off heat and soak for 1 hour. Boil for an additional one hour or until tender.

If using canned beans, follow the instructions on the label of the can (rinse and drain).
2. In a large frying pan, cook meat over medium heat until well cooked. If using beef, drain fat from the frying pan. Then add chopped onion, green pepper, and garlic. Cook for a few minutes, stirring constantly.
3. Add kidney beans, tomato sauce, water, and chili powder to the meat mixture. Add salt if desired. Stir well.
4. Cover the pan and simmer for 15 minutes. Serve with rice.

Yields 6 servings (1 cup each)

Nutrition Facts

servings per container	
Serving size	1 cup (216g)
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 570mg	25%
Total Carbohydrate 12g	4%
Dietary Fiber 4g	14%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 22g	
Vitamin D 0mcg	0%
Calcium 36mg	2%
Iron 3mg	15%
Potassium 534mg	10%
<small>*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.</small>	

Source: Cornell University Cooperative Extension in New York City



Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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