

Quick and Easy Chili

Prep time: 10 minutes | Cook time: 30 minutes | Number of servings: 6

- | | |
|---------------------------------------------------------------------------------|---------------------------------------------------------|
| 1 tablespoon vegetable oil | 2 cloves garlic, minced, or
¼ teaspoon garlic powder |
| 1 onion, chopped | 2 to 3 tablespoons chili powder |
| 1 carrot, chopped | ½ teaspoon cumin |
| 1 tablespoon jalapeño pepper,
minced, or ¼ cup green
bell pepper, chopped | 2 (14-ounce) cans
tomatoes with juice |

Directions

1. Heat oil in large pan over medium heat.
2. Add onions, carrots, jalapenos, garlic, chili powder, and cumin. Cook until onions are soft.
3. Add tomatoes, beans, corn, and rice (if using). Cook on high heat until the chili bubbles.
4. Turn heat to low and simmer for about 15 minutes, until rice is cooked.



- 2 (15-ounce) cans red kidney beans, rinsed and drained
1 cup whole kernel corn

Optional ¼ cup rice

Food \$ense Tip

- Serve this chili with cornbread for a healthy, hearty vegetarian meal.

Nutrition Facts (Serving size 1 cup):
Calories–300; Protein–15g; Carbohydrate–53g; Total Fat–4.5g; Saturated Fat–1g; Cholesterol–0mg; Fiber–14g; Sodium–660mg; Vitamin C–45%; Vitamin A–45%; Iron–20%; Calcium–15%

*Adapted from Washington State University
Extension Food \$ense*



- 2 (15-ounce) cans red kidney beans, rinsed and drained
1 cup whole kernel corn
Optional ¼ cup rice

Food \$ense Tip

- Serve this chili with cornbread for a healthy, hearty vegetarian meal.

Nutrition Facts (Serving size 1 cup):
Calories–300; Protein–15g; Carbohydrate–53g; Total Fat–4.5g; Saturated Fat–1g; Cholesterol–0mg; Fiber–14g; Sodium–660mg; Vitamin C–45%; Vitamin A–45%; Iron–20%; Calcium–15%

*Adapted from Washington State University
Extension Food \$ense*

1. Heat oil in large pan over medium heat.
2. Add onions, carrots, jalapenos, garlic, chili powder, and cumin. Cook until onions are soft.
3. Add tomatoes, beans, corn, and rice (if using). Cook on high heat until the chili bubbles.
4. Turn heat to low and simmer for about 15 minutes, until rice is cooked.

Directions

- 1 tablespoon vegetable oil
1 onion, chopped
1 carrot, chopped
1 tablespoon jalapeño pepper,
minced, or ¼ cup green
bell pepper, chopped
2 (14-ounce) cans
tomatoes with juice
½ teaspoon cumin
2 to 3 tablespoons chili powder
¼ teaspoon garlic powder
2 cloves garlic, minced, or
¼ teaspoon garlic powder

Prep time: 10 minutes | Cook time: 30 minutes | Number of servings: 6

Quick and Easy Chili



Eat Together, Eat Better artwork courtesy of the Washington State Dairy Council.

<p>Chili-stuffed Baked Potato Bake a potato. Stuff with chili.</p> <p>Chili Mac Mix chili with four cups of cooked macaroni.</p> <p>Chili Soup Top with onions, cilantro and cheese.</p>		<p>Chili Burger Pour over a hamburger bun.</p> <p>Chili Omelet Spoon chili over an omelet or scrambled eggs.</p> <p>Taco Salad Top green salad with chili, cheese and tortilla chips.</p>
<p>Chili Taco Fill a tortilla and add cheese.</p> <p>Chili Spaghetti Top cooked spaghetti with chili. Sprinkle with cheese.</p>		

Eight Ways to Serve Chili



THRIFTY MAIN DISHES

THRIFTY MAIN DISHES



Eight Ways to Serve Chili

<p>Chili Burger Pour over a hamburger bun.</p> <p>Chili Omelet Spoon chili over an omelet or scrambled eggs.</p> <p>Taco Salad Top green salad with chili, cheese and tortilla chips.</p>		<p>Chili-stuffed Baked Potato Bake a potato. Stuff with chili.</p> <p>Chili Mac Mix chili with four cups of cooked macaroni.</p> <p>Chili Soup Top with onions, cilantro and cheese.</p>
<p>Chili Taco Fill a tortilla and add cheese.</p> <p>Chili Spaghetti Top cooked spaghetti with chili. Sprinkle with cheese.</p>		

Eat Together, Eat Better artwork courtesy of the Washington State Dairy Council.

