

Low-fat Chili

Food Item	F&V Servings	Low-Fat Dairy Servings	Whole Grains Servings	Lean Protein Servings	Sodium (mg)
1 serving Low-fat Chili	1	0	0	2	348
TOTAL:	1	0	0	2	348

Serves: 8

1 Serving = 1 bowl (12oz)

Ingredients

- 1 pound extra-lean ground beef
- 1/2 cup chopped onion
- 2 large tomatoes (or 2 cups canned, unsalted tomatoes)
- 4 cups canned kidney beans, rinsed and drained
- 1 cup chopped celery
- 1 teaspoon sugar
- 1 1/2 tablespoons chili powder or to taste
- Water, as desired
- 2 tablespoons cornmeal
- Jalapeno peppers, seeded and chopped, as desired

Directions

1. In a soup pot, add the ground beef and onion. Over medium heat sauté until the meat is browned and the onion is translucent. Drain well.
2. Add the tomatoes, kidney beans, celery, sugar and chili powder to the ground beef mixture.
3. Cover and cook for 10 minutes, stirring frequently. Uncover and add water to desired consistency.
4. Stir in cornmeal. Cook for at least 10 minutes more to allow the flavors to blend.
5. Place in bowls and garnish with jalapeno peppers, if desired. Serve immediately.