



## Tailgate Chili

### Ingredients:

- 1 pound lean ground beef
- 1 15-ounce can kidney beans, drained and rinsed
- 1 8-ounce can tomato puree
- 1 tablespoon white vinegar
- 2 tablespoons chili powder
- 2 tablespoons dried minced onion
- ¼ teaspoon garlic powder
- 1 teaspoon sugar

### Directions:

1. In a saucepan over medium-high heat, cook ground meat 4-5 minutes or until no longer pink and cooked thoroughly, stirring frequently. Drain excess fat.
2. Stir in kidney beans, tomato sauce, vinegar, chili powder, minced onion, garlic salt, and sugar.
3. Bring to a simmer and let simmer over low heat for ½ hour to let flavors blend. Stir frequently.

*Yields about 6 servings*

**Source:** Adapted from Eat Smart New York! Recipe Book

Nutrition Facts			
Serving Size 1/6 recipe			
Servings Per Recipe 6			
Amount Per Serving			
Calories	220	Calories from Fat	70
% Daily Value *			
<b>Total Fat</b>	<b>8g</b>		12%
Saturated Fat	3g		15%
Trans Fat	0g		
<b>Cholesterol</b>	<b>50mg</b>		17%
<b>Sodium</b>	<b>410mg</b>		17%
<b>Total Carbohydrate</b>	<b>16g</b>		5%
Dietary Fiber	5g		20%
Sugars	4g		
<b>Protein</b>	<b>20g</b>		
Vitamin A	10%	Vitamin C	10%
Calcium	4%	Iron	20%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
14.0% calories from fat			
Nutrition facts based on standard recipe using 90% lean ground beef.			



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

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities.

This material was funded by USDA's Food Stamp Program and Expanded Food and Nutrition Education Program.

