

## Microwave Chili

Makes 5 servings

8 oz. 80-90% lean ground beef  
8 oz. 85% lean ground turkey  
1 cup finely chopped onion  
1 cup diced bell pepper  
2 14oz. Cans no salt added tomatoes  
1 t garlic powder  
1 t chili powder  
1 t cumin  
1 t prepared mustard  
1 T paprika  
1 T cider vinegar  
2/3 t salt  
1 cup cooked kidney beans  
Shredded cheese to top



Crumble the beef and turkey into a 2-qt. microwave-safe bowl. Add onion and bell pepper; mix well. Cover and microwave on high for 5 minutes, stir, and microwave for an additional 3 minutes. Stir in tomatoes, chili powder, cumin, mustard, paprika, vinegar, and salt; mix well. Cover and microwave for 3 minutes. Add beans and mix well. Cover and microwave for an additional 3 minutes. Serve in bowls and top with a small handful of shredded cheese.

Nutrition information: 260 calories, 7g fat (3g saturated fat), 26g protein, 400mg sodium, 9g dietary fiber. Excellent source of: vitamin A, vitamin C and iron.

