

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
1 14oz. can no salt added tomatoes
1 8 oz. can no salt added tomato sauce
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
1/4 cup shredded cheese to top



Crumble the beef and turkey into a 2-qt. microwave-safe bowl and microwave on high for 3 minutes. Drain liquid into a bowl, add onion and bell pepper, mix well, and cover and microwave on high for 5 minutes. Stir mixture and microwave for an additional 3 minutes. Stir in tomatoes, tomato sauce, 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: 290 calories, 24 g carbohydrate, 11g fat (4g saturated fat), 25g protein, 460mg sodium, 8g dietary fiber.

Excellent source of: vitamin A, vitamin C and iron. Good Source of Calcium

