

Heart Month | Heart Healthy Recipe

Tailgate Chili



Yield: 4 servings

- 1 lb. extra-lean ground beef
(or 1 lb. skinless ground turkey breast or chicken breast)
- ~ cooking spray
- 1 med. onion, chopped
- 1 med. green bell pepper, chopped
- 1 med. fresh jalapeño, seeds and ribs discarded,
chopped (optional)
- 1 tbsp chili powder
- 1 tbsp ground cumin
- 4 med. garlic cloves, minced (or 2 tsp bottled minced garlic)
- 1/2 tsp ground coriander
- 1 15.5-oz. can no-salt-added pinto beans
or kidney beans, rinsed and drained
- 1 14.5-oz. can no-salt-added diced tomatoes, undrained
- 3/4 cup salsa (lowest sodium available)

Garnishes:

- 1/2 med. avocado, thinly sliced (optional)
- 1/2 cup chopped green onions (optional)
- 1/4 cup fat-free or low-fat shredded cheddar cheese (optional)
- 1/4 cup fat-free or low-fat sour cream (optional) OR
- 1/4 cup fat-free Greek yogurt (optional)
- 1/4 cup fresh chopped cilantro (optional)

Lightly spray a large skillet with cooking spray. Cook the beef and onion over medium-high heat for 5 to 7 minutes, stirring frequently to turn and break up the beef. Stir in the bell pepper, jalapeño, chili powder, cumin, garlic, and coriander. Cook for 5 minutes, stirring occasionally. Stir in the remaining chili ingredients. Bring to a boil. Reduce the heat and simmer, covered, for 20 minutes. Ladle the chili into large mugs or soup bowls. Top with the garnishes.

Nutrient info (per serving): 297 Calories, 31g Protein, 7g Fiber