

Beef and Kidney Bean Chili

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Servings: 4

1 tablespoon olive oil
1 onion, chopped
1 green bell pepper, chopped
1 clove garlic, chopped
1 pound 90% ground beef
salt (to taste)
pepper (to taste)
1 can (14 ounce) kidney beans, drained and rinsed
1 can (28 ounce) diced tomatoes
1 1/2 cups beef broth
1 tablespoon chili powder
1/2 teaspoon ground cumin
1/4 teaspoon cinnamon

In a large pot over medium heat, heat the olive oil. Add the onion, green pepper, garlic and ground beef. Sprinkle with salt and pepper.

Cook, stirring, until the beef is no longer pink, 3 minutes.

Add the kidney beans, tomatoes, beef broth, chili powder, cumin and cinnamon. Simmer, partially covered, for 45 minutes. Remove the cover and simmer an additional 15 minutes, until thickened.

Per Serving (excluding unknown items): 241 Calories; 4g Fat (15.7% calories from fat); 16g Protein; 37g Carbohydrate; 14g Dietary Fiber; 0mg Cholesterol; 516mg Sodium. Exchanges: 2 Grain(Starch); 1 Lean Meat; 1 Vegetable; 1/2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	241	Vitamin B6 (mg):	.4mg
% Calories from Fat:	15.7%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	58.6%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	25.7%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	4g	Folacin (mcg):	204mcg
Saturated Fat (g):	1g	Niacin (mg):	2mg
Monounsaturated Fat (g):	3g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0.0%

Carbohydrate (g):	37g
Dietary Fiber (g):	14g
Protein (g):	16g
Sodium (mg):	516mg
Potassium (mg):	1002mg
Calcium (mg):	93mg
Iron (mg):	5mg
Zinc (mg):	2mg
Vitamin C (mg):	41mg
Vitamin A (i.u.):	1130IU
Vitamin A (r.e.):	113RE

Food Exchanges

Grain (Starch):	2
Lean Meat:	1
Vegetable:	1
Fruit:	0
Non-Fat Milk:	0
Fat:	1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 241 Calories from Fat: 38

% Daily Values*

Total Fat	4g	7%
Saturated Fat	1g	3%
Cholesterol	0mg	0%
Sodium	516mg	21%
Total Carbohydrates	37g	12%
Dietary Fiber	14g	55%
Protein	16g	

Vitamin A	23%
Vitamin C	69%
Calcium	9%
Iron	28%

* Percent Daily Values are based on a 2000 calorie diet.