

Recipe

Firehouse chili

NUTRITION PER 1 CUP: 354 calories, 12g fat (4g saturated fat), 71mg cholesterol, 657mg sodium, 32g carbohydrate (10g sugars, 8g fiber), 31g protein

DIABETIC EXCHANGES: 3 lean meat, 2 starch



Ingredients

- 2 tablespoons canola oil
- 4 pounds lean ground beef (90% lean)
- 2 medium onions, chopped
- 1 medium green pepper, chopped
- 4 cans (16 ounces each) kidney beans, rinsed and drained
- 3 cans (28 ounces each) stewed tomatoes, cut up
- 1 can (14-1/2 ounces) beef broth
- 3 tablespoons chili powder
- 2 tablespoons ground coriander
- 2 tablespoons ground cumin
- 4 garlic cloves, minced
- 1 teaspoon dried oregano

Instructions

1. In a Dutch oven, heat canola oil over medium heat. Brown beef in batches, crumbling meat, until no longer pink. Drain and set aside.
2. Add onions and green pepper; cook until tender. Return meat to Dutch oven. Stir in remaining ingredients. Bring to a boil.
3. Reduce heat and simmer, covered, until flavors are blended, about 1-1/2 hours.

Test kitchen tips:

- Canola oil is high in monounsaturated fat, a type that helps to decrease blood cholesterol levels, and low in saturated fat, which can increase blood cholesterol. Olive oil would also taste great in this recipe and has the same healthy-fat properties.
- Lean ground turkey (93% lean) contains 53% less fat and 38% less saturated fat than regular ground turkey (85% lean). It works great in casseroles, tacos and other dishes that use crumbled meat. Higher-fat meat works better for burgers or meatloaf.

Lockton Nurse Advocate