



# Try it “Tuesdays”

## Speedy Chili

Makes: 11 ½ cup servings

Preparation time: 10-15 minutes

Cooking time: 15-20 minutes

Nutrition Facts	
Serving Size 1/2 cup (157g)	
Servings Per Container 11	
Amount Per Serving	
<b>Calories 120</b>	<b>Calories from Fat 25</b>
% Daily Value*	
<b>Total Fat 2.5g</b>	<b>4%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol 25mg</b>	<b>8%</b>
<b>Sodium 180mg</b>	<b>8%</b>
<b>Total Carbohydrate 13g</b>	<b>4%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 3g	
<b>Protein 11g</b>	
<b>Vitamin A 6%</b>	<b>Vitamin C 15%</b>
<b>Calcium 2%</b>	<b>Iron 4%</b>
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Ingredients

- ½ cup diced onions (1/2 onion)
- ½ cup diced celery (1-2 large stalks)
- 1 pound ground turkey (or any lean ground meat)
- 1 can (14.5 ounces) stewed tomatoes or 3 medium fresh tomatoes, diced
- 1 can (15 ounces) red beans (or any bean of your choice) or 2 cups cooked beans, drained
- 1 can (10 ¾ ounces) tomato soup
- 1 teaspoon salt (optional)
- 1 teaspoon pepper (optional)

### Directions

Cook the ground turkey, diced onion and celery in a large pan over medium heat. Cook until the meat turns brown, then drain the excess grease. Add the tomatoes, tomato soup, beans, salt and pepper to the mixture and stir. Cover and cook for 15-20 minutes.. Refrigerate leftovers.

