



## Quick and Easy Chili

Prep time: 10 minutes | Cook time: 30 minutes | Number of servings: 6

- |   |   |
|---|---|
| 1 tablespoon vegetable oil  | 2 cloves garlic, minced, or<br>¼ teaspoon garlic powder |
| 1 onion, chopped  |   |
| 1 carrot, chopped   | 2 to 3 tablespoons chili powder                         |
| 1 tablespoon jalapeño pepper,<br>minced, or ¼ cup green<br>bell pepper, chopped | ½ teaspoon cumin  |
|   | 2 (14-ounce) cans<br>tomatoes with juice                |

### Directions

1. Heat oil in large pan over medium heat.
2. Add onions, carrots, jalapenos, garlic, chili powder, and cumin. Cook until onions are soft.
3. Add tomatoes, beans, corn, and rice (if using). Cook on high heat until the chili bubbles.
4. Turn heat to low and simmer for about 15 minutes, until rice is cooked.



- 2 (15-ounce) cans red kidney beans, rinsed and drained  
1 cup whole kernel corn

**Optional** ¼ cup rice

### Food Sense Tip

- Serve this chili with cornbread for a healthy, hearty vegetarian meal.

**Nutrition Facts** (Serving size 1 cup):  
Calories-300; Protein-15g; Carbohydrate-53g; Total Fat-4.5g; Saturated Fat-1g; Cholesterol-0mg; Fiber-14g; Sodium-660mg; Vitamin C-45%; Vitamin A-45%; Iron-20%; Calcium-15%

*Adapted from Washington State University  
Extension Food Sense*

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Eight Ways to Serve Chili

Chili Burger

Pour over a hamburger bun.

Chili Taco

Fill a tortilla and add cheese.

Chili-stuffed Baked Potato

Bake a potato. Stuff with chili.

Chili Omelet

Spoon chili over an omelet or scrambled eggs.



Chili Mac

Mix chili with four cups of cooked macaroni.

Taco Salad

Top green salad with chili, cheese and tortilla chips.

Chili Spaghetti

Top cooked spaghetti with chili. Sprinkle with cheese.

Chili Soup

Top with onions, cilantro and cheese.

Eat Together, Eat Better artwork courtesy of the Washington State Dairy Council.

This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DSHS Community Service Office.

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