

Garden Chili

This quick and easy one pan dish is full of veggies, spices, and flavor. Get your kids involved by letting them wash the vegetables.

Makes: 8 servings

Ingredients

- 1 pound ground beef
- 1 cup green pepper, chopped
- 1 large onion, chopped
- ½ cup celery, chopped
- 1 can of low-sodium kidney beans, drained and rinsed
- 1 cup corn
- 2-8 ounce cans low-sodium tomato sauce
- 2 cup tomatoes, chopped
- 1 dash black pepper
- 1 teaspoon garlic powder
- 4 teaspoons chili powder



Directions

1. Place ground beef in a pot. Brown meat over medium-high heat, stirring occasionally to break into pieces. Drain fat.
2. Add green pepper, onion, and celery. Cook until softened.
3. Add beans, corn, tomato sauce, chopped tomatoes, black pepper, garlic powder, and chili powder.

4. Cook mixture over low heat for 20 minutes.
5. Serve hot in bowls.

Recipe from: *Fix it Fresh! Recipe Series*, Kansas State University Research and Extension, adapted by the USDA Food and Nutrition Administration.

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