

Texas Chili



Servings: 10, Serving Size: 1 cup, Preparation Time: 30 minutes, Cooking Time: 2 hours

Ingredients:

- 2 cups beans or kidney beans (use cooked or canned, drained and rinsed beans)
- 2 pounds lean ground turkey or beef
- 2 tablespoons canola oil
- 1 ½ cups finely chopped yellow onion
- 1 – 2 chopped garlic cloves
- 2 large green bell peppers, cored, seeded, and chopped
- 2 cups water
- 1 teaspoon ground cumin
- 4 teaspoons chili powder
- Pinch of cayenne pepper
- 1 teaspoon dried oregano (optional)
- 4 cups chopped fresh or canned tomatoes
- Salt to taste (optional)
- Grated cheddar cheese (optional)

Directions:

Heat a large pot over medium high heat. Add ground beef or turkey, stirring often, until just cooked through. Drain meat, discarding any fat, and transfer cooked meat to a bowl; set aside. Heat oil in the same pot that the meat was cooked in. Add onions, garlic, bell pepper, cumin, chili powder, and oregano, and cook, stirring occasionally for 5 minutes. Add tomatoes, water, salt, beans, and cooked meat. Bring to a boil. Reduce heat and simmer, covered for 1 ½ hours to 2 hours. Spoon into bowls and garnish with cheese if you like. Enjoy!

Each serving provides:

- Calories: 349
- Fat: 13 grams
- Protein: 30 grams
- Carbohydrate: 32 grams
- Sodium: 184 mg (higher if using canned beans)
- Fiber: 12 gram

My Recipe Ideas:

Zucchiniinis



Servings: 2, Serving Size: ½ of zucchini, Preparation Time: 2 minutes, Cooking Time: 1 minute

Ingredients:

- 1 zucchini, sliced into ½ inch rounds
- 3 tablespoons Monterey Jack cheese, shredded
- ¼ cup red bell pepper, chopped (optional)

Directions:

Arrange zucchini slices on a microwave-safe plate. Sprinkle with cheese and bell pepper. Microwave on high for 30 – 60 seconds or until cheese melts. Enjoy!

Each serving provides:

- Calories: 58
- Fat: 3 grams
- Protein: 4 grams
- Carbohydrate: 4grams
- Sodium: 60 mg
- Fiber: 2 grams

Basic Vinaigrette



Servings: 12, Serving Size: 2 tablespoons, Preparation Time: 4 minutes

Ingredients:

- 1 cup olive oil or vegetable oil
- ½ cup red wine vinegar
- 2 tablespoons of dried herbs (try oregano, rosemary, basil or dill)
- Salt and pepper to taste (optional)

Directions:

Put red wine vinegar into a jar or bottle with a lid. Add the herbs. Add oil, a little at a time, and shake it each time you add some oil. Make sure the lid is on tight.

Each serving provides:

- Calories: 164
- Fat: 18 grams
- Protein: 0 grams
- Carbohydrate: 1 gram
- Sodium: 1 mg (higher if add salt)
- Fiber: 0 gram