



Chili is easy to make



You will need

1 lb (500 g)	ground beef, chicken or turkey
2 cans (398 mL each)	kidney beans (or use cooked dried beans)
1 can (540 mL)	diced or crushed tomatoes
1 cup (250 mL)	chopped onion
2 cups (500 mL)	chopped green bell pepper
1 tbsp (15 mL)	chili powder
	pepper

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What to do

- 1** Cook the meat in a large pot.



- 2** Drain the fat.

- 3** Drain and rinse the beans.



- 4** Put the beans, tomatoes, onion, green pepper and chili powder in the pot.



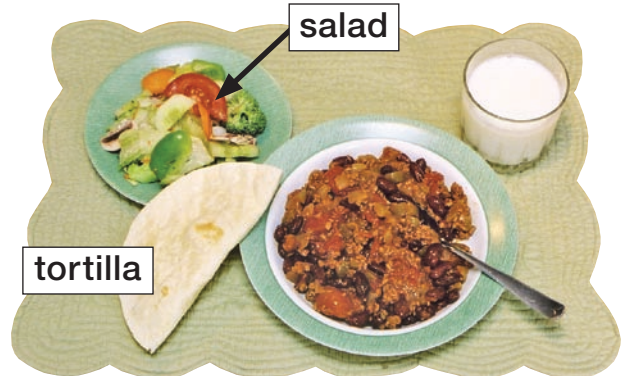
- 5** Add some pepper. You can add garlic and other spices too.



- 6** Turn down the heat. Put the lid on the pot. Simmer for 20 to 30 minutes. Stir often.



- 7** Serve with toast, tortillas or baked potatoes. Add a salad.



- ☞ This recipe serves 8 people. You can freeze leftovers.

Vegetarian chili (no meat):

Leave out the meat.
Add more beans and vegetables.
For example: celery, carrots and zucchini.



Adapted with permission from Dietitians of Canada: Simply Great Food (page 226)
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