



EAT. MOVE. SAVE.



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN



**OFFICE OF COMMUNITY ENGAGEMENT AND
NEIGHBORHOOD HEALTH PARTNERSHIPS**

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MEAL KIT.

Chili

Recipe adapted from University of Minnesota Extension

Ingredients:

½ pound of ground beef, ground turkey, or meatless substitute
1 tablespoon of chopped onion
2 15-ounce can of chili beans
14-ounce can diced tomatoes
14 ounce can of tomato paste (optional)
Seasonings: salt, pepper, chili powder, cumin, cayenne, etc.
1 tablespoon vegetable or olive oil

Directions:

Time needed: 10 minutes of preparation,
15-20 minutes cook time

1. Fry the ground beef, ground turkey, or meatless substitute (with onions if desired) in a large skillet over medium heat. Drain excess fat.
2. Add the chili beans, tomatoes, and tomato paste (if desired) and stir.
3. Add seasonings to taste.
4. Simmer for 10 minutes to heat through.
5. Refrigerate leftovers promptly.

SERVES
4-6