

Everyday Chili



Oklahoma

Gardening

- 1 tablespoon canola or other vegetable oil
 - 1 medium yellow onion, chopped
 - 1 medium green bell pepper, cut in 1/2-inch pieces
 - 1 tablespoon garlic, finely chopped
 - 1-3 medium jalapeno pepper, seeded and minced
 - 1 tablespoon ground cumin
 - 1 tablespoon chili powder
 - 1 teaspoon dried oregano
 - 3 cups cooked pinto beans, rinsed and drained
 - 1 cup canned diced or crushed tomatoes
 - 1/4 cup chopped cilantro
 - 2 cups low sodium beef broth, divided
 - 2 tablespoon corn meal
1. Heat oil in Dutch oven over medium-high heat. Sauté onion, bell pepper and garlic until onion is translucent, about 4 minutes.
 2. Add jalapeno, cumin, chili powder and oregano. Stir until spices are fragrant, about 1 minute.
 3. Add cooked beans, tomatoes, cilantro and all but 3 tablespoon broth. Bring to a boil. Reduce heat and simmer, uncovered for 10 minutes.
 4. Place corn meal in small bowl. Mix in reserved broth, stirring to make a smooth mixture. While stirring chili, blending corn meal mixture, blending well. Continue simmering 10 minutes.

Yield 4 servings.

Nutrition Facts	
Serving Size: about 1/4 cup	
Servings per recipe: 4	
Amount Per Serving	
Calories 296	Calories from fat 45

Value	% Daily
Total Fat 5g	8%
Saturated fat trace	2%
Cholesterol 0mg	0%
Sodium 136mg	6%
Carbohydrate 47g	16%
Dietary Fiber 14g	55%
Protein 18g	37%
Vitamin A: 27%	Vitamin C: 73% Folacin: 62%
Calcium: 13%	Iron: 34% Potassium:
29%	

Source: Modified from: The New American Plate, American Institute for Cancer Research

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