Chile with Beans

1 lb. ground turkey 1/4 tsp. garlic powder
1 (8 oz.) can tomato sauce 1/2 tsp. oregano
1 (16 oz.) can diced tomatoes 2 tsp. chile powder
1 (16 oz.) can pinto beans, drained, rinsed Rice or macaroni, if desired
1/2 tsp. cumin Shredded cheese, if desired

In a large saucepan, brown ground turkey and drain off grease. Add tomato sauce and
tomatoes. Place pinto beans in colander, drain and rinse well. Add beans to beef/tomato
mixture. Add spices and simmer 10-15 minutes.

Serving Suggestions: Serve over rice or macaroni and top with shredded cheese if desired.

Taco Salad

2 cups Chili with Beans or Easy Chili (EFNEP recipes) 1 cup shredded cheese
Green salad

Heat chili in a microwave-safe bowl, or in small saucepan. Top each green salad with 1/2 cup
chili, sprinkle shredded cheese on top.

Meal Suggestion: Add any raw vegetable to a green salad to raise the nutritional value.
Nutrition Facts

<table>
<thead>
<tr>
<th>Servings Per Recipe</th>
<th>8</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount Per Serving</td>
<td></td>
</tr>
<tr>
<td>Calories</td>
<td>154</td>
</tr>
<tr>
<td>*Vitamin A</td>
<td>12%</td>
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<tr>
<td>*Vitamin C</td>
<td>22%</td>
</tr>
<tr>
<td>*Calcium</td>
<td>15%</td>
</tr>
<tr>
<td>Sodium</td>
<td>580mg</td>
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<tr>
<td>*Iron</td>
<td>11%</td>
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</tbody>
</table>

* Percentage Daily Values

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