Chile with Beans

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

Servings Per Recipe 8

Amount Per Serving
Calories 154  30% of total calories from fat
Total Fat 5g  Sodium 580mg
*Vitamin A 12%  *Vitamin C 22%
*Calcium 15%  *Iron 11%

* Percentage Daily Values

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Nutrition Facts

Servings Per Recipe 4

Amount Per Serving
Calories 251  47% of total calories from fat
Total Fat 13g  Sodium 635mg
*Vitamin A 31%  *Vitamin C 21%
*Calcium 25%  *Iron 12%

* Percentage Daily Values

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