



Healthy Recipes

From NH Healthy Families Staff



nh healthy families.

Non Stop, No Chop Chili

Ingredients:

- ¾ pound ground round (or ground turkey)
- 2 cups water
- 1 ½ cups frozen whole kernel corn
- 1 cup salsa (I use Pace Chunky)
- 1 tbsp sugar
- 2 ½ tsp ground cumin
- 1 ½ tsp dried oregano
- ¼ tsp salt
- 1 16 oz can chili beans, undrained
- 1 14.5 oz can diced tomatoes, no salt added



Prep: 45 mins Cook Time: 1 hr
Servings: 6

Directions:

In a Dutch Oven, cook ground beef until browned. Drain. Add all other ingredients. Bring to a boil, then reduce heat and simmer for 25 minutes.

Nutritional Info:

Calories 254 (28% from fat) Fat 8g (sat. 2.8g, mono. 2.4g, poly 0.6g)
Protein 18g Carb 30.5g Fiber 7.2g Chol 24mg Iron 3.9mg Sodium 649mg
Calc 96mg

Recipe provided by:

Judy Tasker, Director, Provider Network Operations at NH Healthy Families

Why its important to Judy to support our community?

Sharing easy, healthy recipes is an easy way to support each other.