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Slow Cooked Chili

Ingredients:

- 2 pounds lean ground beef
- 2 (16-ounce) cans kidney beans, rinsed and drained
- 2 (14½-ounce) cans diced tomatoes, undrained
- 1 (8-ounce) can tomato sauce
- 2 medium onions, chopped
- 1 green pepper, chopped
- 1 garlic clove, minced
- 2 Tablespoon chili powder
- 1 teaspoon pepper
- vegetable oil spray

Makes 10 servings - 28% calories from fat

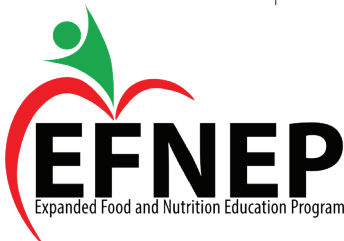
Instructions:

1. Prepare skillet with vegetable oil spray, in same skillet brown ground beef, drain. Transfer to a slow cooker.
2. Add the next eight ingredients.
3. Cover and cook on low for 8- 10 hours or on high for 4 hours.

Note:

- Garnish individual servings with cheese, if desired.

Nutrition Facts	
Serving Size 1 1/4 cup	
Servings Per Container 10	
Amount Per Serving	
Calories 260	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 620mg	26%
Total Carbohydrate 23g	8%
Dietary Fiber 8g	32%
Sugars 6g	
Protein 23g	
Vitamin A 20%	• Vitamin C 40%
Calcium 8%	• Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



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