

Healthier Chili

Yield: 6 servings

INGREDIENTS:

- 1 lb. at least 95% lean ground beef or turkey
- 1 small onion, chopped
- 1/2 cup chopped green pepper
- 1 can (15 oz.) kidney beans, drained, rinsed
- 1 can (14-1/2 oz.) whole tomatoes, un-drained
- 1 can (8 oz.) tomato sauce
- 1 Tbsp. chili powder
- 1-1/2 cups shredded 2% milk-fat Sharp Cheddar Cheese, divided
- Fat-free sour cream

DIRECTIONS:

1. Brown meat in large skillet on medium heat; drain.
2. Add onions and peppers; cook and stir 5 min. or until tender.
3. Add beans, tomatoes, tomato sauce and chili powder; mix well.
4. Reduce heat to low; cover. Simmer 30 min., stirring occasionally.
5. Sprinkle 3 Tbsp. cheese onto the bottom of each of six soup bowls.
6. Top with chili and remaining cheese.
7. To make this recipe even healthier, use less cheese.

Serving Size: 6

Calories: 304

Fat: 6g