Garden-Style Beef Chili

Ingredients

- 1 pound ground beef
- 1 teaspoon olive oil
- 1/2 large onion, diced
- 1/2 green bell pepper, diced
- 1/2 red bell pepper, diced
- 1 medium zucchini, sliced
- 2 Jalapeño, seeded and diced
- 1 can (15 ounce) chili beans
- 1 can (15 ounce) diced tomatoes
- 2 cans (15 ounce) tomato sauce
- 3 tablespoons chili powder
- 1/4 teaspoon cayenne pepper
- 1 pinch of salt and pepper

Directions

1. Add beef and onion to large skillet. Cook on medium heat until beef is browned, and onions are translucent. Drain grease.
2. In a separate skillet, add olive oil, green and red peppers, zucchini, and jalapeño. Sautee over medium heat (about 5-7 minutes).
3. Add the pepper mixture to the beef and onions. Mix in tomato sauce, diced tomatoes, chili beans, chili powder and cayenne pepper. Then simmer over low heat for ten to fifteen minutes.

Makes 8 servings

Nutrition information per serving:
- Total Calories: 250
- Total Fat: 9g
- Saturated Fat: 2g
- Protein: 18g
- Carbohydrates: 24g
- Fiber: 6g
- Sodium: 302mg