

# Garden-Style Beef Chili

## Ingredients

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

## 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*