

Easy Tasty Chili

Ingredients:

- 1 pound extra lean ground beef (96/4)
- 1 can diced tomatoes (14.5 oz)
- 1 can no salt added tomato sauce (8oz)
- 1 pkg no salt added chili seasoning
- 1 can no salt added dark kidney beans, drained and rinsed
- 1 can 100% pure pumpkin (14.5oz)



Directions:

1. Crumble and brown ground beef in large skillet.
2. Stir in diced tomatoes, tomato sauce, and chili seasoning.
3. Add beans and pumpkin, simmer 10 minutes or longer.

Top with jalapenos, low fat cheddar cheese, or plain Greek yogurt and enjoy!

Nutrition Facts

Servings: 6

Amount per serving

Calories **186**

% Daily Value*

Total Fat 5.4g **7%**

Saturated Fat 2.3g **11%**

Cholesterol 57mg **19%**

Sodium 71mg **3%**

Total Carbohydrate 12.2g **4%**

Dietary Fiber 3.7g **13%**

Total Sugars 4.4g

Protein 22.8g