



Beef Chili, With Beans, Canned/Pouch

MyPlate Food Group: **Protein**

USDA
Foods

Nutrition Information

- 1 cup of beef chili with beans counts as 2 ounces in the ChooseMyPlate.gov Protein group.
- All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group. Beans and peas can also be considered a part of the Vegetable Group.
- Eat a variety of protein foods to improve nutrient intake and health benefits.
- Beef and beans supply many nutrients such as protein, B vitamins (niacin, thiamin, riboflavin, and B6), vitamin E, iron, zinc, and magnesium.

Uses and Tips

- Canned/pouch beef chili is fully cooked, so it is safe to eat without cooking. If heated, serve right away or refrigerate leftovers in a container that is not made from metal.
- Use beef chili as a topping for baked potatoes, rice, or pasta.
- Serve beef chili with whole grain bread or cornbread.

Storing Foods at Home

- Store unopened cans or pouches in a cool, clean, dry place.
- Store remaining opened beef chili in a tightly covered container that is not made from metal in the refrigerator.

MyPlate Facts

- Proteins are one of three nutrients that provide calories (the others are fat and carbohydrates).
- Proteins function as building blocks for bones, muscles, cartilage, skin, and blood. They are also building blocks for enzymes, hormones, and vitamins.
- Nutrients provided by protein foods can differ. Varying your protein food choices can provide your body with a range of nutrients that will help to keep your body working well.
- B vitamins help build tissue and aid in forming red blood cells. Iron can prevent anemia. Magnesium helps build bones and supports muscle function. Zinc can support your immune systems.

USDA Foods

Easy Taco Pie

Makes 6 servings

Ingredients:

non-stick cooking spray
 2 cans/pouches beef chili with beans
 1¼ cup nonfat or low-fat milk
 ¾ cup bakery mix
 3 eggs
 2 tomatoes, sliced
 1 cup low-fat cheese, shredded

Directions: Wash hands with soap and water.

1. Heat oven to 400 degrees F.
2. Lightly oil or spray a pie pan.
3. Pour chili pouches into pie pan.
4. In mixing bowl, beat milk, baking mix, and eggs until smooth using wire whisk or fork.
5. Pour batter on top of the chili in the pie pan. Bake for 25 minutes.
6. Remove from the oven and top pie with tomato slices and cheese.
7. Continue baking until knife inserted between center and edge comes out clean, about 8-10 minutes longer.
8. Cool 5 minutes before serving.

Recipe adapted from University of Maine Cooperative Extension

Chili Stuffed Baked Potatoes

Makes 2 servings

Ingredients:

2 large potatoes
 1 can/pouch beef chili with beans
 ¼ cup low-fat cheese, shredded
 ¼ salsa (optional)
 2 tablespoons onion, diced (optional)
 2 tablespoons low-fat sour cream (optional)

Directions: Wash hands with soap and water.

1. Wash and dry the potatoes. Pierce the skin with a fork in several places.
2. On a microwave safe plate, cook the potatoes for 6-8 minutes, turning the potatoes over half way through cooking.
3. While potatoes cook, heat the chili in a small pan until heated through.
4. When the potatoes are cool enough to touch, slice them half-way through and press the ends together slightly to form an opening.
5. Pour half of the chili onto each potato. Top with 2 tablespoons of cheese on each potato, and salsa, onion, and/or sour cream as desired.

Recipe adapted from Mississippi State University Extension