



## Beef Chili, Without Beans, Canned/Pouch

MyPlate Food Group: **Protein**

USDA  
**Foods**

### Nutrition Information

- 1 cup of beef chili without 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 supplies 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

### **Chili Mac n' Cheese Bake**

*Makes 6 servings*

#### **Ingredients:**

8 ounces macaroni, uncooked  
1 can/pouch beef chili without beans  
1½ cups salsa  
1 green pepper, chopped  
1 tablespoon chili powder  
2 cups (divided) cheddar or jack cheese,  
shredded

**Directions:** Wash hands with soap and water.

1. Heat oven to 350 degrees F. Lightly grease a 2 ½-quart baking dish.
2. Cook macaroni according to directions on the package. Drain well and pour into large bowl.
3. Toss chili, salsa, green pepper, and chili powder with macaroni until well mixed. Stir in 1½ cups cheese. Spoon into prepared baking dish. Top with remaining ½ cup cheese.
4. Bake 30-35 minutes or until hot and cheese is melted and lightly browned.

*Recipe adapted from Hormel Foods*

### **Chili Stuffed Sweet Potatoes**

*Makes 4 servings*

#### **Ingredients:**

4 large sweet potatoes  
1 can/pouch beef chili without beans, heated

Toppings: Salsa, diced avocado, sliced jalapeños,  
fresh cilantro, chopped green onions, low-fat  
sour cream (all optional)

**Directions:** Wash hands with soap and water.

1. Heat oven to 400 degrees F.
2. Wash and wrap sweet potatoes in aluminum foil.
3. Place on baking sheet and bake 1 hour and 10 minutes or until fork tender. Let sit until cool enough to touch.
4. Remove potatoes from foil and make cuts down the center of each potato.
5. Divide chili evenly among potatoes. Top with desired toppings.

*Recipe adapted from Hormel Foods*