

Chili, Without Beans, Canned

MyPlate Food Group: **Protein**



Product Description

- Chili without beans contains beef in a mildly flavored chili flavored sauce.

Storage

- Store can in a cool, dry place.
- For best quality, store unused portion in the refrigerator in a nonmetal container.

Uses and Tips

- Serve chili without beans with rice or pasta, and vegetable, or a salad.
- Use chili without beans as a topping for baked potatoes, or in casseroles or soups.

Nutrition Information

- 1 cup of chili without beans counts as 1 ounce in the MyPlate.gov Protein group. For a 2,000-calorie diet, the daily recommendation is about 5 ½ ounces of meat. A serving size is about 3 ounces

Resources

- www.nutrition.gov
- www.foodsafety.gov

Nutrition Facts

Serving size: 1 cup (236g) canned chili without beans

Amount Per Serving	
Calories	220
Calories from Fat	80
-% Daily Value*	
Total Fat 9g	14%
Saturated Fat 4g	20%
<i>Trans Fat</i> 0g	
Cholesterol 40mg	13%
Sodium 970mg	40%
Total Carbohydrate 18g	6%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 16g	
Vitamin A 20%	Vitamin C 0%
Calcium 4%	Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet.

This sheet is intended for individuals and families receiving USDA Foods to use at home. Nutrient Values in the Nutrition Facts panel are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts panel or ingredient list for product-specific information.

USDA Foods

Easy Chili Mac and Cheese

Makes about 6 servings

Ingredients

- 1 can (about 24 ounces) chili without beans
- ½ pound elbow macaroni
- ½ onion, chopped
- Nonstick cooking spray
- 2 cups low-fat cheddar cheese, shredded
- 1 teaspoon black pepper
- 1 tablespoon garlic powder

Directions

1. Cook elbow macaroni according to package directions.
2. Heat a skillet over medium heat and coat with nonstick cooking spray. Cook onion until it is soft. Add chili, black pepper, and garlic powder, and stir well until hot.
3. Stir cheese and chili mixture into cooked macaroni. Mix until cheese is melted and serve.

Recipe adapted from Recipezaar.com

15—Minute Enchiladas

Makes about 8 servings

Ingredients

- Nonstick cooking spray
- 1 can (about 24 ounces) chili without beans
- 1 ½ cups canned refried beans, low-sodium, no-fat
- 2 cups low-fat cheddar or Monterey Jack cheese, shredded
- 8 flour tortillas (large size)

Directions

1. Preheat oven to 350 degrees F.
2. Cover a cookie sheet with foil and spray with nonstick cooking spray.
3. In a medium-size saucepan, heat chili and refried beans until warm (do not boil).
4. Spoon about half of the chili mixture evenly onto the tortillas, sprinkle with cheese, and roll up. Place side by side on the cookie sheet with seam side down.
5. Top tortillas with remaining chili mixture. Sprinkle with remaining cheese.
6. Bake for 10 minutes until cheese is melted.

Recipe adapted from Recipezaar.com