

## Quick Chili

**6 (1 cup) Servings**

### Ingredients:

Non-stick cooking spray  
1 lb. very lean ground beef  
1 (16 oz.) can chili hot beans  
1 tbsp instant onions  
2 (16-ounce) cans no-salt-added tomato sauce  
1 tbsp. hot chili powder (adjust to taste; this amount is for medium to hot)

### Directions:

1. Spray saucepan with non-stick cooking spray. Brown ground beef.
2. In a colander, rinse ground beef with hot water.
3. Rinse saucepan with hot water and return ground beef to saucepan.
4. Add remaining ingredients to ground beef and heat to boil. Serve.

### CAUTION:

Some diabetics have blood sugar problems after eating foods with tomato products or a combination of starch and tomato products. Check your blood sugar before and two hours after eating such foods. If you have a problem, try eating smaller portions with high fiber foods. Remember, it is up to you to know and control your problem foods.

### Nutritional Facts:

Calories: 247  
Carbohydrate: 20g  
Fat: 5g  
Sodium: 225 mg  
Protein: 24g

Exchanges: 1 vegetable, 1 1/2 starch, 3 very lean meats