

CHILI WITHOUT BEANS, CANNED

for use in the USDA Household
Commodity Food Distribution Programs

11/28/07

Product Description

Canned chili without beans is a ready-to-eat product; simply heat and serve. It is made with ground beef and mild seasonings and has 25% less sodium than regular chili.

Pack

Chili without beans is packed in a 24-ounce can and provides about 2 cups.

Storage

- Store unopened cans of chili without beans in a cool, dry place off the floor.
- Store leftover chili without beans in a non-metallic covered container and refrigerate. Use within 3 to 4 days.

Uses and Tips

- Canned chili without beans makes a complete meal if served with rice and a vegetable or green salad.
- It's perfect as a topping for baked potatoes or used in casseroles.

(See recipes on reverse side)



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Nutrition Information

Nutrition Facts	
Serving size 1 cup (240g) canned chili without beans	
Amount Per Serving	
Calories	220
	Fat Cal 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 4g	20%
<i>Trans fat</i> 0g	
Cholesterol 40mg	13%
Sodium 860mg	36%
Total Carbohydrate 18g	6%
Dietary Fiber 3g	8%
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.	

(Note: This chili without beans is commercially labeled. The nutritional content is dependent on the specific manufacturer. Please refer to the nutrition facts panel on the side of the can.)

Chili Mac Casserole

3/4 cup elbow macaroni
 1 (8.5 oz) can whole kernel corn
 1 (8 oz) can tomato sauce
 1 (15 oz) can chili without beans

1. Heat oven to 350°F
2. Cook macaroni according to package directions. Drain.
3. Stir in macaroni, corn, tomato sauce and Chili without Beans.
4. Place in oven for 30-40 minutes until heated through.

Makes 4 servings

Nutrition Information for each serving of Chili Mac Casserole:

Calories	261	Cholesterol	22 mg	Sugar	5.9 g	Calcium	43.7 mg
Calories from Fat	77	Sodium	885 mg	Protein	12.5 g	Iron	3.6 mg
Total Fat	8.5 g	Total Carbohydrate	34 g	Vitamin A	55.6 RE		
Saturated Fat	2.5 g	Dietary Fiber	3 g	Vitamin C	7.6 mg		

Chili Over a Baked Potato

4 medium baking potatoes
 1 (15 oz) can chili without beans, heated
 4 tablespoons fat-free sour cream

1. Pre-heat oven to 450°F.
2. Wash and dry potatoes.
3. With a fork or sharp knife, pierce each potato 2 or 3 times.
4. Place on cookie sheet or baking pan. Bake 50 to 60 minutes or until tender when pierced with a fork.
5. Split baked potatoes.
6. Top each potato with chili and 1 tablespoon sour cream.

Makes 4 servings

Nutrition Information for each serving of Chili over a Baked Potato:

Calories	303	Cholesterol	22 mg	Sugar	2.9 g	Calcium	63 mg
Calories from Fat	72	Sodium	590 mg	Protein	13 g	Iron	4 mg
Total Fat	8 g	Total Carbohydrate	46 g	Vitamin A	1.7 RE		
Saturated Fat	2.5 g	Dietary Fiber	3.8 g	Vitamin C	18.5 mg		

Beefy Noodles Casserole

1/2 pound lean ground beef, crumbled
 1 onion, chopped
 1 can (15 oz) chili without beans
 1 can (10 oz) diced tomatoes and green chilies, drained
 2 teaspoons dry mustard*
 1 cup cooked elbow macaroni
 1 egg, beaten
 1 cup low-sodium shredded mozzarella cheese, divided

1. Heat oven to 350°F.
2. In large skillet, over medium-high heat, add ground beef and onion.
3. Cook 5 to 6 minutes or until ground beef reaches an internal temperature 155°F for 15 seconds. (Judge doneness by temperature, not color or texture of the food) and onion is soft, stirring frequently; drain.
4. Stir in chili, tomatoes, and mustard. Bring to a boil. Reduce heat to medium-low. Cook 10 minutes.
5. In 1 1/2-quart baking dish stir together the macaroni, egg and 1/2 cup cheese. Add meat mixture and stir well. Top with remaining 1/2 cup cheese.
6. Bake, uncovered, 35 to 40 minutes or until bubbly.

Makes 6 servings

Nutrition Information for each serving of Beefy Noodles Casserole:

Calories	453	Cholesterol	138 mg	Sugar	3.9 g	Calcium	254 mg
Calories from Fat	225	Sodium	613 mg	Protein	37 g	Iron	4.7 mg
Total Fat	25 g	Total Carbohydrate	19 g	Vitamin A	120 RE		
Saturated Fat	10 g	Dietary Fiber	2.1 g	Vitamin C	12.7 mg		

These recipes, presented to you by USDA, have not been tested or standardized.

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