Slow Cooker Chili

Ingredients:

• 1 large can low-sodium (or unsalted) tomato sauce
• 1 lb. lean ground beef
• 2 cans beans (kidney beans are fine, but you can use whatever you’d like)
• 2 Tbsp. chili powder
• ¼ c. onion, diced
• Shredded cheese (optional)

Directions:

• Cook the ground beef in a separate pan until cooked all the way through. Add all ingredients, except cheese, and cook in the slow cooker for four to six hours on high. Sprinkle with shredded cheese if desired. Serve with whole-wheat crackers.

Makes six servings. Per serving: 270 calories, 14 grams (g) fat, 35 g carbohydrate and 75 mg sodium.