

# Soups and Stews



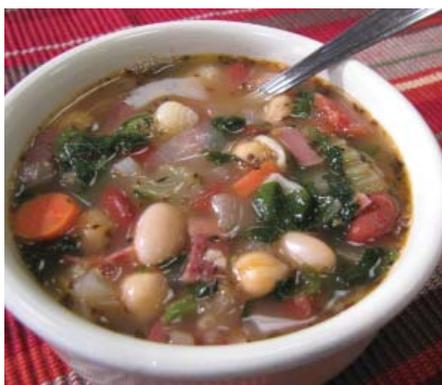
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## Back to School Pasta Soup

- 1 large onion, chopped (about 1 c.)
- 1 medium tomato, chopped (about 1 c.)
- 12 c. chicken broth
- 1 (15.5-oz.) can white kidney beans (cannellini), rinsed and drained
- 1 (9.75-oz.) can white chunk chicken breast in water, undrained
- 1 c. uncooked shell pasta
- 1 Tbsp. olive oil or vegetable oil
- ¼ tsp. garlic powder

Place oil into a saucepan and put on medium-high heat. Add onion to saucepan and cook until onion is tender, stirring occasionally. Add the broth and garlic powder to the saucepan. Increase heat to high and bring to a boil, stirring occasionally. Add the pasta and return mixture to a boil, stirring occasionally. Boil for five minutes. Add the beans, tomato and chicken with its liquid. Reduce the heat to low. Cook for five minutes or until the pasta is tender.

*Makes 16 servings.*

*Per serving: 90 calories, 1.5 g fat, 7g protein, 11 g carbohydrate, 1 g fiber and 540 mg sodium*

## Bean and Sausage Stew

- ½ lb. Polish or German sausage or low-fat turkey sausage
- 1 large onion, sliced
- 1 c. celery, sliced
- 2 c. peeled carrots, sliced
- 1 (15.5-oz.) can Great Northern beans with liquid
- 1 (15.5-oz.) can red beans with liquid (may substitute soaked dry beans; refer to “How to Cook Dry Edible Beans”)
- 2 c. water

Slice sausage into ¼-inch-thick rounds and fry in a large skillet until brown. Add onion and brown. Drain off fat. In a large pan, combine sausage and onions with the rest of the ingredients. Cover and simmer 45 to 60 minutes.

*Makes eight servings.*

*Per serving: 200 calories, 6 g fat, 11 g protein, 26 g carbohydrate, 7 g fiber and 780 mg sodium*

*Featured in: FN1595, “Steps to Healthy, Economical Meals,” available at [www.ag.ndsu.edu/pubs/yf/foods/fn1595.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1595.pdf)*



## Chicken Tortilla Soup

- 1 Tbsp. olive oil
- 2 chicken breasts, cubed
- 1 (15.5-oz) can chicken broth (reduced-sodium)
- 1 (15.5-oz.) can black beans, drained and rinsed
- 1 c. frozen corn
- 1 (15.5-oz.) can diced tomatoes, in juice
- 1 tsp. chili powder
- ½ tsp. cumin
- ½ c. onion, chopped
- 1 (4-oz.) can green chilies, optional
- 1 c. fat-free sour cream

Cook chicken breasts in olive oil until cooked through. Transfer chicken to a large pot with remaining ingredients except sour cream to prevent curdling. Cook on medium heat, stirring occasionally, until ingredients are blended together. Add sour cream and cook until soup is heated through.

*Makes eight servings.*

*Per serving: 180 calories, 4 g fat, 18 g protein, 20 g carbohydrate, 4 g fiber and 420 mg sodium*

*Featured in: FN1536, "Family Meal Times," available at [www.ag.ndsu.edu/pubs/yf/foods/fn1536.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1536.pdf)*

## Chili 1

- ½ c. chopped onion
- ½ lb. ground beef
- 2 tsp. chili powder
- Pepper
- 1 (16-oz.) can OR 2 c. tomatoes, plain or stewed
- 1 (8-oz.) can OR 1 c. tomato sauce
- 1 (15.5-oz.) can OR 2 c. kidney beans, undrained

Chop the onion. Brown the ground beef and onion in a large frying pan. Pour off the fat. Stir in the rest of the food. Heat for 10 minutes and serve.

*Makes four servings.*

*Per serving: 320 calories, 6 g fat, 28 g protein, 36 g carbohydrate, 12 g fiber and 85 mg sodium*

*Featured in: FN1387, "Now Serving: Tasty Healthful Meals on a Budget," available at [www.ag.ndsu.edu/pubs/yf/foods/fn1387.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1387.pdf)*



## Chili 2

- 1 lb. lean ground beef (or ground turkey or venison)
- ¼ c. onion, diced
- 1 (28-oz.) can tomato sauce
- 2 Tbsp. chili powder (or to taste)
- 2 (15.5-oz.) cans beans (such as kidney beans)
- Salt and pepper (to taste)
- Cheddar cheese, shredded (optional)

Brown ground beef until cooked all the way through. Place in slow cooker and add all ingredients. Cook for four to six hours on high.

Alternate method: Add browned meat and remaining ingredients in a pan on the stove, cook for 30 minutes. Sprinkle with cheese, if desired.

*Makes six servings.*

*Per serving: 370 calories, 12 g fat, 24 g protein, 32 g carbohydrate, 10 g fiber and 400 mg sodium*

## Chili 3

- 1½ lb. lean ground beef
- 1 onion, chopped
- 3 c. cooked pinto or red beans
- 3 (8-oz.) cans tomato sauce
- 1 clove garlic, chopped
- 3 Tbsp. chili powder
- 2 tsp. cumin
- 1 tsp. paprika
- 1 tsp. thyme
- 1 tsp. oregano

Sauté hamburger and chopped onion; drain. Add beans with spices, garlic and tomato sauce. Salt and pepper to taste. Simmer one hour or until heated and flavors blend.

*Makes eight servings.*

*Per serving: 320 calories, 9 g fat, 33 g carbohydrate, 25 g carbohydrate, 8 g fiber and 130 mg sodium*

*Featured in: FN624, "Making Magic Mixes: Cornmeal Master Mix," available at [www.ag.ndsu.edu/pubs/yf/foods/fn624.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn624.pdf)*



## Chili 4

- ½ lb. lean ground beef
- 1 (15.5-oz.) can kidney beans, drained (save liquid)
- 1 c. canned tomato puree, no salt added
- ¾ to 1½ Tbsp. chili powder

Brown beef; drain fat. Stir in remaining ingredients. Bring to a boil. Reduce heat, cover and simmer for 10 minutes.

*Makes four servings.*

*Per serving: 230 calories, 3.5 g fat, 20 g protein, 30 g carbohydrate, 12 g fiber and 70 mg sodium*

## Chili With Beans and Potatoes

- 1 lb. extra lean ground beef
- 1 medium onion, chopped
- 2 c. tomato sauce or puree
- 1 (15.5-oz.) can kidney or chili beans
- 4 potatoes, cubed
- 2½ Tbsp. chili powder (or to taste)
- 2 c. water

In a large saucepan over medium heat, sauté ground beef and onions for five to 10 minutes or until the onions are almost tender and the beef is browned; drain fat. Add tomato sauce, kidney beans, potatoes, chili powder and water. Reduce heat to low and simmer to 165 F, or about 30 minutes. Add another cup of water if thinner chili is desired.

*Makes seven servings.*

*Per serving: 430 calories, 8 g fat, 31 g protein, 60 g carbohydrate, 12 g fiber and 115 mg sodium*

*Featured in: FN1595, "Steps to Healthy, Economical Meals," available at [www.ag.ndsu.edu/pubs/yf/foods/fn1595.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1595.pdf)*



## Country Chili Mix in a Jar

- 1 lb. dry kidney beans
- 3 Tbsp. chili powder
- 2 Tbsp. dehydrated onions
- 1 Tbsp. garlic salt (use garlic powder to reduce sodium)
- 1 tsp. oregano
- $\frac{3}{4}$  tsp. salt
- $\frac{1}{4}$  tsp. cayenne pepper (optional)

Pour kidney beans into a clean quart-sized jar. In a small bowl, mix the remaining ingredients. Pour mixture into a clear sandwich bag and place it on top of the beans. Cover the jar tightly with a lid, decorate and attach a copy of the recipe card:

### Attached Directions:

- 1 container Country Chili Mix
- 10 c. water (for soaking beans)
- 1 lb. ground beef or turkey
- 6 c. water (for cooking beans)
- 1 (24-oz.) can diced tomatoes
- 1 (8-oz.) can reduced-sodium tomato sauce

Remove bag of seasonings from jar and rinse beans. In a stockpot, bring 10 cups of water to a boil. Add beans and return to a boil; let boil two to three minutes. Cover and set aside at room temperature for one hour. Drain and rinse beans. Fill a pot with 6 cups of water and soaked beans. Cook beans until soft, about one hour; simmer gently with lid tilted. Brown meat; drain and add to beans with tomatoes and sauce. Add in seasonings, stir and simmer, covered, for one hour. Add a little more water, if needed, to thin broth. For best flavor, use mix within one year.

*Makes eight servings.*

*Per serving: 240 calories, 6 g fat, 24 g protein, 21 g carbohydrate, 5 g fiber and 290 mg sodium*

*Featured in: FN1494, "Mix It Up," available at [www.ag.ndsu.edu/pubs/yf/foods/fn1494.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1494.pdf)*



## Garden Chili

- ½ lb. lean hamburger
- 1 c. chopped onion
- ½ c. potatoes, cut into small cubes
- 1 (15.5-oz.) can dark kidney beans
- 1½ c. diced tomatoes, blanch to remove skins
- 1 (5-oz.) can or about 2 c. tomato sauce
- ½ c. chopped green peppers
- 1 c. water
- 1 Tbsp. chili powder
- 1 Tbsp. Worcestershire sauce
- ½ tsp. cumin, ground
- ½ tsp. black pepper

Brown hamburger and onion in saucepan over medium heat. Blanch fresh tomatoes by removing stems and scoring bottom of tomato; boil one minute, immediately place in cold water, remove skins. Add remaining ingredients, bring to a boil; reduce heat and simmer for 30 minutes.

*Makes eight servings.*

*Per serving: 190 calories, 3.5 g fat, 15 g protein, 24 g carbohydrate, 7 g fiber and 140 mg sodium*

*Featured in: FN1372, "Gardening with Children," available at [www.ag.ndsu.edu/pubs/plantsci/hortcrop/fn1372.pdf](http://www.ag.ndsu.edu/pubs/plantsci/hortcrop/fn1372.pdf)*

## Grah

- 2 (15.5-oz.) cans of cannellini (white) beans
- 3 to 4 Tbsp. salad oil
- 2 c. fresh tomatoes, chopped or 1 (15.5-oz.) can diced tomatoes
- 5 shallots, sliced (or sliced onions)
- 2 cloves of garlic, chopped
- Some parsley
- 1 lb. spicy sausage, smoked or cooked (chorizo will work)

Heat the oil in a pan. Add the chopped vegetables and sauté until tender. Put the beans and vegetables in a large pot. Add the sausage and cook for 20 minutes on low heat or place in a 350 F oven for 30 minutes.

*Makes eight servings.*

*Per serving: 290 calories, 15 g fat, 15 g protein, 24 g carbohydrate, 5 g fiber and 1,060 mg sodium*

*This recipe is common in Bosnia and is featured in: FN1513, "North Dakota Food and Culture: A Taste of World Cuisine," available at [www.ag.ndsu.edu/pubs/yf/foods/fn1513.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1513.pdf)*



## Microwave Chicken Tortilla Soup

- 1 (16-oz.) bag whole-kernel corn, frozen
- 2 (15.5-oz.) cans black beans
- 1 (14.5-oz.) can diced tomatoes, low sodium
- 1 (4-oz.) can green chilies, chopped, drained
- 1 (14.5-oz.) can chicken broth, low sodium
- 1 (10-oz.) can chunked chicken, drained
- 1 (10-oz.) can Healthy Request cheddar cheese soup

Open the cans of corn, black beans, diced tomatoes, green chilies, chicken broth, cheddar cheese soup and chunked chicken. Pour everything into a large microwave-safe bowl and cover with plastic wrap. Cook on high for 18 minutes, stirring three times.

*Makes 10 servings.*

*Per serving: 160 calories, 4.5 g fat, 13 g protein, 19 g carbohydrate, 5 g fiber and 400 mg sodium*

*Featured in: FN1618, "Cooking 101: Microwave Cooking in Small Spaces," available at [www.ag.ndsu.edu/pubs/yf/foods/fn1618.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1618.pdf)*

## Minestrone Soup 1

- 3 c. reduced-sodium chicken broth
- 1 (28-oz.) can diced tomatoes
- 1 (15.5-oz.) can white beans (cannellini or navy), drained and rinsed
- 2 celery stalks, chopped
- 3 c. fresh spinach
- ½ tsp. each salt and pepper
- 2 c. uncooked spiral pasta of choice
- Parmesan cheese (optional)

Combine chicken broth, tomatoes, beans, celery, salt and pepper in slow cooker. Cover and cook on low heat for six to eight hours or on high for three to four hours. Add spinach during last 10 minutes of cooking. Cook pasta in separate pot according to package directions. Drain and add pasta to slow cooker right before serving. When soup is done, dish into bowls and add salt, pepper and Parmesan to taste.

*Makes six servings.*

*Per serving: 210 calories, 1 g fat, 10 g protein, 40 g carbohydrate, 6 g fiber and 550 mg sodium*

*Featured in: FN1473, "Cooking 101: Hot Tips About Food Storage," available at [www.ag.ndsu.edu/pubs/yf/foods/fn1473.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1473.pdf)*



## Minestrone Soup 2

- 1 (16-oz.) pkg. frozen mixed vegetables
- 1 (14-oz.) can Italian-style stewed or crushed tomatoes\*
- 2 (14-oz.) cans chicken or beef broth\*
- 1 (15-oz.) can garbanzo beans or kidney beans
- 1 c. uncooked pasta (such as elbow macaroni or bow tie)
- \* To reduce sodium, choose low-sodium canned tomatoes and broth

Combine frozen vegetables, tomatoes, broth and beans in a pot. Bring to a boil, then add pasta. Reduce to low heat. Simmer for six to eight minutes until pasta and vegetables are tender.

*Makes six servings.*

*Per serving: 210 calories, 1.5 g fat, 41 g carbohydrate, 10 g fiber and 125 mg sodium*

*Nutrition facts based on "regular" sodium products*

## Pinto Bean Taco Soup

- 1 lb. ground beef
- 1 medium onion, chopped
- 1 pkg. mild taco seasoning mix
- ½ c. green pepper, chopped
- 1 (16-oz.) can corn (undrained)
- 1 (16-oz.) can black beans, drained and rinsed (you could use kidney beans or pinto beans)
- 1 (14-oz.) can stewed tomatoes
- 1 (14-oz.) can diced tomatoes
- 1 (8-oz.) can tomato sauce
- 1 (4-oz.) can diced green chilies
- Tortilla chips
- Other taco toppings you like (cheese, sour cream, avocado, etc.)

Brown meat, onion and green pepper in large saucepan. Drain excess liquid. Stir in taco seasoning, corn, black beans, tomatoes, tomato sauce and green chilies. Simmer on low heat for 20 to 30 minutes.

Serve with tortilla chips and your favorite taco toppings.

*To Freeze: After cooking, cool soup quickly and completely. Once cooled, pour into a gallon-sized zipped bag or other freezer container. When ready to eat, thaw soup in refrigerator for 24 hours and then simmer on the stove until heated all the way through.*

*Makes eight servings.*

*Per serving: 240 calories, 3.5 g fat, 17 g protein, 31 g carbohydrate, 4 g fiber and 760 mg sodium*



## Rainbow Stew

- ½ lb. turkey bacon, cut in small strips \*
- 2 Tbsp. olive oil, divided
- 2 c. yellow onion, diced
- 4 garlic cloves, minced
- 1 c. celery, diced
- 1 c. carrots, diced
- 1 (14-oz.) can diced tomatoes
- 1 (15.5-oz.) can light red kidney beans, drained and rinsed
- 1 (15.5-oz.) can chickpeas, drained and rinsed
- 1 (15.5-oz.) can cannellini beans, drained and rinsed
- 8 c. low-sodium chicken broth
- 1 tsp. dried oregano
- 1 tsp. dried thyme
- 1 tsp. dried basil
- 2 bay leaves
- 1 c. mini pasta shells
- Freshly ground pepper to taste

In a large soup pot, fry turkey bacon in 1 Tbsp. olive oil; set aside. In the same pot, sauté the onion, garlic celery and carrots in 1 Tbsp. olive oil until soft. Add tomatoes, beans, broth and spices. Bring to a boil. Reduce heat and simmer 20 minutes. Cook pasta in separate kettle as directed on package; rinse with cold water. Remove bay leaves. Add pasta and bacon to soup. Serve topped with grated Parmesan cheese and a side of Italian bread.

*Makes 12 servings.*

*Per serving: 150 calories, 3 g fat, 7 g protein, 22 g carbohydrate, 5 g fiber and 440 mg sodium*

*\*Turkey bacon not included in nutrition values*



## Shorba (Lamb and Peanut Soup)\*

3 lbs. lamb bones (or lean beef ribs)  
2 qt. water  
2 tsp. salt  
½ lb. onions, slightly chopped  
½ lb. carrots, peeled and cut into chunks  
½ lb. cabbage, cut into small wedges  
½ lb. string beans, chopped finely  
3 cloves garlic, finely chopped  
4 Tbsp. peanut butter  
Juice of 1 lemon  
½ c. cooked rice (optional)

In a 6-qt. saucepan, simmer lamb bones in water and salt for one hour. Add vegetables and simmer for one hour until thoroughly cooked. Remove lamb bones and puree the mixture. Add peanut butter thinned with lemon juice. If preferred, add cooked rice, salt and pepper to taste.

\*Shorba is based around lamb. In Sudan, lamb bones commonly are used to flavor the soup-like dish.

*Makes eight servings.*

*Per serving: 100 calories, 4 g fat, 4 g protein, 14 g carbohydrate, 3 g fiber and 660 mg sodium*

*Featured in: FN1513, "North Dakota Food and Culture: A Taste of World Cuisine," available at [www.ag.ndsu.edu/pubs/yf/foods/fn1513.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1513.pdf)*

## Slow Cooker Chili

1 large can low-sodium (or unsalted) tomato sauce  
1 lb. lean ground beef  
2 (15.5-oz.) 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)

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 g fat, 35 g carbohydrate and 75 mg sodium*

*Featured in: FN1472, "Cooking 101: Equipping Your Kitchen," available at [www.ag.ndsu.edu/pubs/yf/foods/fn1472.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1472.pdf)*



## Slow Cooker Taco Soup

- 1 lb. ground beef
- 1 onion, chopped
- 1 (16-oz.) can chili beans, with liquid
- 1 (15-oz.) can kidney beans, with liquid
- 1 (15-oz.) can whole-kernel corn, with liquid
- 1 (8-oz.) can tomato sauce
- 2 c. water
- 2 (14.5-oz.) cans peeled and diced tomatoes
- 1 (4-oz.) can diced green chili peppers
- 1 pkg. taco seasoning mix

In a medium skillet, cook the ground beef until browned over medium heat. Drain thoroughly. Place the ground beef, onion, chili beans, kidney beans, corn, tomato sauce, water, diced tomatoes, green chili peppers and taco seasoning mix in a slow cooker. Mix to blend and cook on low setting for eight hours.

*Makes 10 servings.*

*Per serving: 220 calories, 3 g fat, 16 g protein, 30 g carbohydrate, 6 g fiber and 500 mg sodium*

*Featured in: FN1511, "Now Serving: Slow Cooker Meals!" available at [www.ag.ndsu.edu/pubs/yf/foods/fn1511.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1511.pdf)*

## Spicy Chicken Chili

- 1 lb. boneless, skinless chicken breasts, cubed
- 2 c. chopped tomatoes (or substitute canned chopped tomatoes)
- 1 c. chopped white onion
- 1 (15.5-oz.) can spicy chili beans
- ½ c. shredded cheddar cheese (optional)

Spray a 12-inch skillet with cooking spray and heat over medium-high heat. Place the cubed chicken in the skillet for three to five minutes, stirring frequently, until light brown. Stir in tomatoes, onion and beans, and reduce heat to medium-low. Cook uncovered eight to 10 minutes, stirring frequently, until chicken reaches an internal temperature of 165 F. Sprinkle with cheese if desired.

*Makes four servings.*

*Per serving: 240 calories, 4 g fat, 28 g protein, 21 g carbohydrate, 6 g fiber and 760 mg sodium*

*Featured in: FN1560, "Cooking 101: Week 5," available at [www.ag.ndsu.edu/pubs/yf/foods/fn1560.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1560.pdf)*



## Sweet Potato Black Bean Soup

- 1 medium onion, finely chopped
- 1½ tsp. minced garlic
- 4 medium sweet potatoes, peeled and chopped OR 2 cans sweet potatoes, drained
- 1 (15.5-oz.) can black beans, drained and rinsed
- 6 c. low-sodium vegetable stock
- 4 bay leaves
- ½ tsp. cinnamon
- 1 tsp. cumin
- 2 tsp. ground coriander
- Salt to taste

Lightly spray sauce pan with cooking spray. Cook onion and garlic on low heat until softened. Add chopped sweet potatoes and beans; cook for one minute. Add remaining ingredients. Cover and cook for 15 minutes over medium heat or until sweet potatoes soften. Remove and discard bay leaves. Blend remaining ingredients with a blender or whisk until smooth consistency.

*Makes eight servings.*

*Per serving: 110 calories, 0 g fat, 3 g protein, 25 g carbohydrate, 6 g fiber and 240 mg sodium*

## Taco Soup 1

- 1 lb. lean ground beef
- 1 tsp. garlic, chopped
- 1 medium onion, chopped
- 1 (15-oz.) can tomato sauce
- 2 c. water
- 1 (15.5-oz.) can kidney beans, drained and rinsed
- 1 (15-oz.) can diced tomatoes
- 1 envelope taco seasoning
- Optional toppings: crushed taco chips, shredded cheese, light sour cream

Brown ground beef with garlic and onion. Drain well. Mix together tomato sauce, water, kidney beans, tomatoes and taco seasoning. Add to meat mixture. Cook until heated to at least 165 F. If desired, serve with crushed taco chips, cheddar cheese and sour cream.

*Makes six servings.*

*Per serving (without added toppings): 310 calories, 8 g fat, 30 g protein, 27 g carbohydrate, 9 g fiber and 310 mg sodium*



## Taco Soup 2

- 2 lb. ground beef
- 1 medium onion, chopped
- 2 (15.5-oz.) cans pinto, ranch-style, kidney or bean of choice (may substitute soaked dry beans; refer to “How to Cook Dry Edible Beans”)
- 2 (14.5-oz.) cans stewed tomatoes
- 1 (14.5-oz.) can diced tomatoes and green chilies, drained
- 1 pkg. taco seasoning
- 1 pkg. Ranch dressing
- 1 tsp. garlic powder
- 1 (15-oz.) can whole-kernel corn
- 6 c. water
- Cheese, corn chips and sour cream (optional)

Brown ground beef and onions; drain well. Place in large soup pot and add rest of the ingredients. Bring to a boil and reduce heat; simmer 1½ hours. Top with cheese, chips and sour cream, if desired.

*Makes 12 servings.*

*Per serving: 300 calories, 8 g fat, 28 g protein, 21 g carbohydrate, 5 g fiber and 720 mg sodium*

*Featured in: FN1595, “Steps to Healthy, Economical Meals,” available at [www.ag.ndsu.edu/pubs/yf/foods/fn1595.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1595.pdf)*

## Three-Bean Chili

- 1 lb. lean ground beef
- 1 c. onion, finely chopped
- 2 cloves garlic, minced
- 2 Tbsp. chili powder
- 1 tsp. ground cumin
- 3 Tbsp. brown sugar
- 1 (15-oz.) can diced tomatoes, undrained
- 2 c. tomato juice
- 1 (8-oz.) can tomato sauce
- 1 (15-oz.) can black beans, drained and rinsed
- 1 (15-oz.) can kidney beans, drained and rinsed
- 2 (15-oz.) cans pinto beans, drained and rinsed

Cook meat, onion and garlic in a large saucepan over medium heat until browned; drain. Add chili powder, cumin, brown sugar, undrained tomatoes, tomato juice and tomato sauce. Cook for 10 minutes or until thickened, stirring occasionally. Add beans; cook for five minutes.

*Makes 16 servings.*

*Per serving: 180 calories, 3 g fat, 15 g protein, 24 g carbohydrate, 7 g fiber and 125 mg sodium*



## Turkey and Bean Chili

- 1 Tbsp. olive oil
- 1 onion, chopped
- 1 green bell pepper, chopped
- 2 cloves garlic, chopped
- ½ lb. ground turkey
- 2 Tbsp. tomato paste
- 1 tsp. ground cumin
- 2 tsp. chili powder
- 1 (28-oz.) can diced tomatoes, undrained
- 2 (15-oz.) cans kidney beans, rinsed
- ½ c. water
- ¼ c. reduced-fat sour cream
- Salt and pepper to taste
- Cilantro sprigs, for serving

Heat oil in a large saucepan over medium-high heat. Add onion, bell pepper and garlic. Cook, stirring occasionally, just until vegetables are tender. Add turkey and cook, breaking up with a spoon, until no longer pink. Stir in tomato paste, cumin and chili pepper. Cook and stir for one minute. Add tomatoes (with liquid), beans, water, 1¼ tsp. salt and ¼ tsp. pepper. Bring to a boil. Reduce heat and simmer, stirring occasionally, until slightly thickened, 12 to 15 minutes. Serve with sour cream and cilantro.

*To Freeze: After cooking, cool chili quickly and completely. Once cooled, pour into a gallon-sized freezer bag or other freezer container. When ready to eat, thaw chili in refrigerator overnight. Once thawed, reheat by simmering on stove until heated throughout. You also may thaw recipe partially and heat in top of double boiler.*

*Makes eight servings.*

*Per serving: 170 calories, 3 g fat, 13 g protein, 23 g carbohydrate, 7 g fiber and 300 mg sodium*



## Venison or Beef Chili

- 2 lb. ground venison or beef, browned
- 1 medium onion, diced
- ½ green pepper, diced
- 2 (15-oz.) cans chili or kidney beans
- 1 (15-oz.) can tomato sauce
- 1 (15-oz.) can diced tomatoes
- 1½ c. water
- 1 packet chili seasoning (cumin and chili powder may be substituted)

Brown the meat with diced onion and green pepper. Drain. Add remaining ingredients and simmer for one hour.

*Makes six servings.*

*Per serving: 280 calories, 5 g fat, 24 g protein, 35 g carbohydrate, 9 g fiber and 1,300 mg sodium*

*Featured in: FN1595, "Steps to Healthy, Economical Meals," available at [www.ag.ndsu.edu/pubs/yf/foods/fn1595.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1595.pdf)*

## White Chili 1

- 3 Tbsp. vegetable oil
- 1 medium onion, chopped
- 1 (4-oz.) can diced green chilies, drained
- 3 Tbsp. all-purpose flour
- 2 tsp. ground cumin
- 1 (14.5-oz.) can low-sodium chicken broth
- 2 (15.5-oz.) cans Great Northern beans, drained and rinsed\*
- 1½ c. cooked chicken, chopped (or turkey)

Optional toppings: shredded cheese, low-fat sour cream, salsa

\*Soaked, dry beans may be substituted

Heat oil in a large skillet over medium-high heat. Add onion and sauté until tender. Add chilies, flour and cumin; cook and stir for two minutes. Add chicken broth and mix well. Add beans and bring to a boil. Reduce heat and simmer for 10 minutes or until lightly thickened. Add cooked chicken and heat through. Garnish with toppings, if desired.

*Makes six servings.*

*Per serving: 310 calories, 10 g fat, 24 g protein, 29 g carbohydrate, 10 g fiber, and 380 mg sodium*

Recipe courtesy of Canned Food Alliance:  
[www.mealtime.org](http://www.mealtime.org)



## White Chili 2

- 2 (14-oz.) cans reduced-sodium chicken broth
- 1 medium onion, chopped
- 1 (4-oz.) can chopped green chilies
- 3 tsp. ground cumin
- 2 (15.5-oz.) cans Great Northern Beans, cooked
- 3 c. cooked chicken or turkey, diced
- 2 c. Monterey Jack cheese or other cheese of choice
- Cheese, chips, sour cream and salsa (optional)

Combine 3 c. of broth, onion, chilies, beans and cumin. Simmer for an hour. Add 1 to 1½ c. cheese and chicken. Cook until chili is thick and add additional broth as needed. Top with shredded cheese, nacho chips, sour cream and salsa if desired.

*Makes 12 servings.*

*Per serving: 180 calories, 7 g fat, 14 g protein, 14 g carbohydrate, 5 g fiber and 370 mg sodium*

*Featured in: FN-1385, "Now Serving: Tasty, Healthful Meals on a Budget – Week 3: Cost-saving Tips, Menus and Recipes," available at [www.ag.ndsu.edu/pubs/yf/foods/fn1385.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1385.pdf)*

## White Chili 3

- 4 (15.5-oz.) cans Great Northern beans, with liquid
- 1½ lb. ground turkey
- 2 tsp. garlic powder or freshly minced garlic
- 2 medium onions, chopped
- ½ tsp. pepper
- 2 tsp. ground cumin
- 1 (4-oz.) can medium or hot green chili peppers
- 4 oz. reduced-fat Monterey Jack cheese, shredded

Brown ground turkey; drain fat. Combine everything but cheese in a slow cooker. Stir, cover and cook on low for three to 10 hours. Taste test; add more chili peppers 1 tablespoon at a time for a hotter taste. Ladle chili into soup bowls and top with shredded cheese.

*Makes eight servings.*

*Per serving: 430 calories, 9 g fat, 37 g protein, 52 g carbohydrate, 12 g fiber and 250 mg sodium*

*Featured in: FN1406, "Your Game Plan: Healthful Snacking for Sports Fans," available at [www.ag.ndsu.edu/pubs/yf/foods/fn1406.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1406.pdf)*