



Diabetes and Wellness Program

Recipe

Chili

Serves 6

Ingredients:

- 1 pound lean ground turkey or beef
- 1 tsp canola oil
- 2 medium carrots, sliced thin rounds
- 1 medium onion, chopped
- 2 cloves of garlic, minced
- 1 medium green bell pepper, chopped
- 1 jalapeno, remove seeds and chop (careful not to touch the seeds with bare hands)
- 2 Tbl chili powder
- 1 Tbl paprika
- 1 1/2 tsp red pepper flakes
- 1 tsp ground cumin
- 1 can of tomatoes with green chilies
- 1 C tomato sauce
- 1 C low sodium fat free chicken broth
- 1 1/2 Tbl apple cider vinegar
- 1 15 oz can kidney beans, drained and rinsed
- 1 15 oz can chili beans



Mark Your Calendar

Upcoming Events...

Education Opportunities

- **Learning to Control your Diabetes**
Join us for a 6 week program that teaches you the basics of Diabetes, giving you the tools you need to help manage this disease.

Locations:

- Little Axe Health Center
- Shawnee Health Clinic

Space is limitedcall now and enroll!!



Wishing you a

Happy

New

Year!

Directions:

1. Place oil in large pot. Sautee onion and bell pepper until soft about 5 minutes. Add garlic and carrots and cook a few minutes longer.
2. Brown meat in separate pan, place in colander and rinse off with warm water; then place in large pot with vegetables.
3. Add chili powder, paprika, red pepper flakes, cumin, pepper, tomatoes, tomato sauce, broth, vinegar, beans, bell pepper and jalapenos. Bring this to a boil. Cover, reduce heat and simmer for about 1 hour. Stir occasionally.

TIP: May season as you like, but do watch out for adding extra sodium or salt. As you can see it has quite a bit already and this is with out adding any extra.

Nutritional Information

-For about 1 cup serving
 Calories 244
 Fat 7.3 g
 Carbohydrates 25 g
 Fiber 8.2 g
 Sodium 808 mg
 Protein 20 g



Diabetes and Wellness Program
 Absentee Shawnee Tribe Health Clinic
 Phone: (405)701-7977 (405)447-0300
 Fax: (405)701-7984
 15951 Little Axe Drive
 Norman, OK 73026

