



The Cheapest, Easiest Good-for-You Chili

Ingredients

- 1 pound ground chicken (\$3.42)
- 1 package McCormick Less Sodium Chili Seasoning Mix (\$1.58)
- 1 15 oz. can no salt added diced tomatoes, undrained (\$0.96)
- 1 15 oz. can no salt added kidney beans, undrained (\$0.86)

Instructions

- Brown chicken in large skillet on medium-high heat.
- Stir in Seasoning Mix, tomatoes and beans. Bring to boil. Cover and reduce heat and simmer for 10 minutes, stirring occasionally. Serve with toppings, if desired.

Cost per serving (4 servings): \$1.70

MAKES 4 SERVINGS. NUTRITION PER SERVING:
CALORIES: 220 | CARBOHYDRATES: 11G | PROTEIN:
25G | FAT: 8G | FIBER: 5G