



January 2024



Warm up with some chili this season for a comforting and nutritious meal. Chili is a great way to get vegetables, protein, carbohydrates and fiber all in one bowl. Top with some cheese or light sour cream for some added creaminess and calcium. Try doubling the recipe to make leftovers that you can pull out of the freezer to pack for lunch or use as a quick dinner on a busy night. Chili is very customizable; feel free to try out different recipes or amounts of ingredients to find the perfect combination for you!

CHILI

VITAMIN C

Did you know tomatoes are a great source of vitamin C? Vitamin C helps boost our immune system fight off germs to keep us healthy through the cold months. Chili is the perfect way to warm up and increase your immunity at the same time

SODIUM

Canned foods like the beans you add to chili are often packaged with added sodium to enhance flavor and texture. Most Americans far exceed recommended daily intake of 2,300mg of sodium. To reduce your intake, try draining and rinsing your canned goods before enjoying.

FIBER

Adding beans or other veggies to your chili is a good way to get more fiber in your diet. Fiber digests slowly which increases satiety and helps regulate blood sugar levels. Women should aim for 25 grams per day and men 38 grams per day of fiber.

VEGGIE LOADED CHILI

Serves 6

All you need:

- 1 tbsp olive oil
- 1 lb lean ground turkey, beef or chicken
- 2 large garlic cloves, minced
- ½ medium onion, diced
- 1 small red bell pepper, diced
- 1 small zucchini or yellow squash, diced
- 2 tbsp chili powder
- 1 tbsp ground cumin
- 1 (15 oz) can tomato sauce + ½ can of water or broth
- 1 (15 oz) can crushed or petite diced tomatoes
- 1 (15 oz) can black beans, rinsed and drained
- 1 cup frozen corn
- Salt and pepper, to taste

All you do:

1. In a large pot over medium heat add the oil.
2. Once the oil is hot, add ground meat, garlic, onion, bell pepper and zucchini or yellow squash. Sauté for 7 to 9 minutes or until meat is cooked and no longer pink.
3. Add chili powder, cumin, tomato sauce and water or broth, crushed tomatoes, beans, corn and salt and pepper.
4. Bring to a boil over medium-high heat. Reduce heat to low, cover and simmer for 15 minutes.

Recipe source: therealfooddietitians.com

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Nutrition questions or concerns?

Contact Hy-Vee Dietitian Katie Schaeffer at
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