



MARGI'S MARKET BASKET CHILI

Makes 11 one-cup servings (approximately 85 cents per serving)

- 2 carrots, diced
- 2 stalks of celery, chopped fine
- 1 onion, diced
- 3-4 cloves garlic, minced, or 1 tsp garlic powder
- 1 28 oz can diced tomatoes not drained
- ½ cup dried kidney beans, **soaked overnight and rinsed**
- ½ cup dried black beans, **soaked overnight and rinsed**
- 1 ½ cup fresh, frozen, or canned corn
- 2-3 TBS Chili powder
- 2 TBS cumin
- 1 ½ tsp salt
- 1 tsp black pepper
- 4 cups vegetable or chicken broth or water

Directions: Add all of the ingredients to the slow cooker and cook on high for 6 to 8 hours, until the beans are tender. Leftovers will keep, refrigerated, for 4 to 5 days. Serve over cooked rice or baked potatoes to stretch the meals. You can also add 1 pound of browned ground beef or turkey.

Nutrients Per 1 Cup Serving:

| | |
|-----------------------|----------------|
| 119 calories | 6 grams fiber |
| 6 grams protein | 1 gram fat |
| 23 grams carbohydrate | 787 mg sodium* |

*To reduce sodium, use No Salt Added canned tomatoes or fresh peeled/seeded/diced tomatoes, eliminate the added table salt, and use sodium free vegetable broth. This would reduce the sodium content to 85 mg per serving.

Optional toppings (not included in analysis):

- Fat free or low fat sour cream and chopped onion
- Fresh chopped cilantro or parsley
- Chopped avocado

Market Baskets Program: Thanks to the generous support from the Robert & Eleanor Franke Charitable Foundation, Hillview Urban Agriculture Center is excited to introduce the Market Baskets Program – an easy, fun, and interactive way to bring low cost, tasty, and nutritious meals to family's tables in the La Crosse area. Designed to appeal to all ages, the Market Baskets classes and demonstrations are created to quickly teach participants how to prepare low cost and great tasty meals with minimal preparation and clean up using one-pot slow cookers. The goal of the program is to distribute 800 FREE SLOW COOKERS and enough legumes and whole grains for 20,000 MEALS to families throughout the La Crosse area, the Hunger Task Force is providing storage space, and La Crosse RSVP is helping with pre-preparations and serving at events. Nutrient analysis provided by Mayo Clinic Health System-Franciscan Healthcare Dietetic Department.



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