

+ CAN PROCESSED FOODS BE HEALTHY? +

There are a lot of conflicting messages about what processed food is. Most of the food we eat today has been processed in some way, from salad mix to frozen dinners. Some processed foods have ingredients added, some are fortified to add nutrients, some are prepared for convenience, even foods labeled “natural” or “organic” can be processed.

What do you need to know?

1. Minimally processed foods have been manipulated (cut, cooked, packaged) in some way.
2. Some foods are processed with ingredients typically used in cooking, such as salt or sugar.
3. Highly processed foods are manufactured with ingredients that are not typically used in cooking.

LEARN MORE AT [HEART.ORG/SODIUM](https://www.heart.org/sodium)



Tailgate Chili

SERVES 4

Ingredients

- 1 lb. 95% lean ground beef (or ground white meat chicken or turkey for a healthier option)
- 1 medium onion (chopped)
- 1 medium green bell pepper (chopped)
- 1 medium jalapeño (optional, only if you like spicy chili), chopped
- 4 clove minced, fresh garlic OR 2 tsp. jarred, minced garlic
- 1 Tbsp. chili powder
- 1 Tbsp. ground cumin
- 1/2 tsp. ground coriander
- 15.5 oz. canned, no-salt-added or low-sodium pinto or kidney beans, rinsed, drained
- 14.5 oz. canned, no-salt-added, or, low-sodium, diced tomatoes (undrained)
- 3/4 cup jarred salsa (lowest sodium available)

Directions

- Spray large saucepan with cooking spray. Cook beef and onion over medium-high heat for 5-7 minutes, stirring constantly to break up beef. Transfer to colander and rinse with water to drain excess fat. Return beef to pan.
- Stir in bell pepper, garlic, chili powder, and cumin, and cook for 5 minutes, stirring occasionally.
- Add remaining ingredients and bring to a boil. Reduce to simmer, cover and cook for 20 minutes.
- Optional – serve topped with low-fat grated cheese, a dollop of fat-free sour cream, sliced avocado, snipped cilantro or chopped green onions.

Tip: if you want 5-alarm chili, add 1 teaspoon cayenne pepper

Nutritional Facts

Calories	297	Cholesterol	62 mg
Total Fat	6.0 g	Sodium	288 mg
Saturated Fat	2.5 g	Total Carbohydrate	29 g
Trans Fat	0.5 g	Dietary Fiber	7 g
Polyunsaturated Fat	0.5 g	Sugars	8 g
Monounsaturated Fat	2.5 g	Protein	31 g

Dietary Exchanges: 1 starch, 3 1/2 lean meat, 3 vegetable