

# LOW PROTEIN RECIPE - MAIN DISH

## Chili

Makes 6 servings - approximately 1 cup per serving.

### Ingredients:

vegetable oil cooking spray  
1 cup chopped onion  
1/2 pound ground sirloin  
1/2 cup chopped green pepper  
2-1 pound cans of no salt added tomatoes  
1 cup kidney beans, canned, no salt added (or rinse throughly with cold water if canned with salt)  
1 tablespoon chili powder  
1/2 teaspoon garlic powder  
dash of red pepper

### How to Make:

Coat a large (2 quart) pan with cooking spray.  
Brown ground meat with the onion in the pan over medium high heat.  
Drain off all fat.  
Add all other ingredients.  
When mixture comes to a boil, reduce heat and simmer 30-60 minutes.

### Composition:

1 serving = 1 meat list A  
                  1/2 high phosphorus meat list A  
                  1 vegetable  
(12 grams pro, 50 mg Na, 145 mg phos, 25 mg chol)

### Finishing Touches:

Depending on your diet plan, to complete the meal you may want to add:  
a salad (lettuce with Italian dressing)  
a bread item (bread sticks or garlic bread)  
a dessert (fruit pie)

### For Diabetic Only:

1 serving = 1 meat exchange  
                  1 bread exchange  
                  1 vegetable exchange

**Note:** Seasonings such as the chili powder and red pepper may be adjusted to suit taste.