

Serves 4

FIREHOUSE CHILI**Ingredients**

- 1-1/4 pounds of lean ground beef
- 1 cup onion
- ½ bell pepper
- ¾ cup water
- 1 tablespoon chili powder
- 1 teaspoon sugar
- 1 teaspoon ground cumin
- 1 garlic clove
- 1 cup Mexican-style stewed tomatoes with jalapeno peppers and spices
- 2 cups spiral macaroni, cooked

Preparation

1. Chop onion and bell pepper.
2. In a large nonstick skillet, cook the ground beef over medium-high heat until brown, stirring to crumble.
3. Add onion, bell pepper, water, chili powder, sugar, cumin and garlic. Cook for 7 minutes or until onion is tender.
4. Stir in the tomatoes (undrained) and bring to a boil. Reduce heat: simmer, partially covered for 1 hour.
5. Add cooked pasta and cook 15 minutes. Serve hot.

Nutrients per serving: Calories 362 , Protein 26 g, Carbohydrates 30 g, Fat 15 g, Cholesterol 69 mg, Sodium 389 mg, Potassium 559 mg, Phosphorus 205 mg, Calcium 43 mg, Fiber 3.3 g.

Helpful hints: Since this chili has 559 mg potassium it is important not to exceed the 1-1/2 cup portion size. To complete your meal you may want to include low sodium crackers, a roll or slice of bread.

Renal and diabetic food choices: 3 meat, 1-1/2 starch, 1 vegetable medium potassium

Adapted from www.davita.com