



**Health Chili**

"This is a very easy and quick recipe and for those people who like a health Chili. To make it a quick dish the directions below are for the microwave, however you can fry the dish if required"

**INGREDIENTS:**

- Pinto Beans (2x15 oz cans) - Can be replaced with Kidney Beans
- Fresh Chopped tomatoes - or 2 x15oz Can
- Either a packet of chili seasonings, or 2 Tsp chili powder, 1/2 Tsp dried onion/onion powder, and 1 tsp garlic powder
- Optional: shredded cheese, leftover meat, macaroni, ketchup, and/or sour cream
- Brown Rice
- Jalapeno Chilis - If required
- 1 x Onion
- Minced or shredded Meat (chicken, beef etc)

**PREPARATION:**

1. Drain both cans of beans.
2. Dice and fry the Onion and meat
3. In a microwave-safe dish place the beans, tomatoes, Jalapenos, fried onion and seasonings. Add in cooked shredded or minced meat if required
4. Taste the mixture to see if it needs more seasoning.
5. Microwave for 5 minutes at full power. Stir. Microwave for 2-3 minutes if it is not hot enough for you yet.
6. Server dish over Rice. Add cheese, sour cream if you require