

PRESIDENT BARACK OBAMA

OBAMA FAMILY CHILI

6
SERVINGS

10 MINS
PREP TIME

30 MINS
COOK TIME

INGREDIENTS

- 1 large onion, chopped
- 1 green pepper, chopped
- 3 garlic cloves, chopped
- 1 tablespoon olive oil
- 1 pound ground beef or ground turkey
- ¼ teaspoon ground cumin
- ¼ teaspoon ground oregano
- ¼ teaspoon ground turmeric
- ¼ teaspoon ground basil
- 1 tablespoon chili powder
- 3 tablespoons red wine vinegar
- 4–6 Roma or beefsteak tomatoes
- 1 15-ounce can red kidney beans
- 1 cup of water
- Salt to taste

INSTRUCTIONS

1. In a wide skillet or 4-quart pan, sauté onions, green pepper and garlic in olive oil until soft.
2. Add ground meat and brown.
3. Combine spices, including salt, together into a mixture, then add to ground meat.
4. Add red wine vinegar.
5. Add tomatoes and cup of water, bring to a boil, and then lower to a simmer for about 15 minutes, or until tomatoes are cooked through.
6. Add kidney beans. Simmer for an additional 5 minutes to make sure everything is melded together.
7. Eat plain or serve over brown or white rice.



NUTRITION PER SERVING (6 SERVINGS)

Calories 305 • Total Fat 18g • Saturated Fat 6g • Sodium 280mg •
Total Carbohydrates 18g • Dietary Fiber 5g • Added Sugars 0g • Protein 18g

* Analysis based on using ground beef with 20 percent fat and does not include nutrients in optional rice and white garnishes.

DIETITIAN'S NOTE

Choosing leaner ground beef (such as 5 or 10 percent fat) or using ground turkey would reduce the saturated fat. You also could double the kidney beans to increase the dietary fiber content. Chili is a great dish for sneaking in vegetables, such as extra peppers, mushrooms, or carrots.

Adapted from: Food.com