



FREEZER FRIENDLY PROTEIN PACKED QUINOA CHILI

MACROS | SERVING SIZE
Protein 35g | Fat 12g | Carbs 32g

% CALORIES OF MACROS | SERVING SIZE
Calories 374 | Protein 37% | Fat 29% | Carbs 34%

NUTRIENTS | SERVING SIZE
Fiber 8g | Sodium 430mg | Sat. Fat 5g

INGREDIENTS (serves 4)

- 2 lbs. 93% lean ground beef or turkey
- 2/3 cup quinoa
- 2 cups low sodium broth (beef, vegetable, or chicken)
- 1 1/2 cups frozen peppers and onion mix
- 1-14.5-15.5 oz. cans of whole-kernel corn (rinsed and drained)
- 2 14.4 oz cans of diced tomatoes, low-sodium
- 2 14-15 oz cans kidney beans, low sodium (rinse and drained)
- 2 tsp. creamy peanut butter (optional)
- 1 tsp. onion powder
- 1 tsp. dried Italian seasoning
- 1 1/2 tbsp. chili powder
- 2 tsp. cumin
- 2 bay leaves
- 1 tsp. garlic powder or 2 fresh minced cloves
- 1/2 tsp. dried red pepper flakes (optional)
- Salt and black pepper taste (optional)
- 4 oz shredded cheddar cheese
- Green onion for garnish (optional)

DIRECTIONS

1. In a large skillet, brown ground meat over medium-high heat until just a little pink appears. Drain fat. Add the frozen peppers and continue cooking until the peppers are almost tender and the meat is no longer pink.
2. Add the broth, tomatoes, and beans to the skillet. Bring to a boil. Quickly add desired herbs and spices. Simmer for 5 minutes, stirring to prevent burning.
3. Meanwhile, gently rinse the quinoa. Add the drained quinoa to the skillet. Turn the heat down to low, cover, and let set for 10-15 minutes or until the quinoa is tender. Add the shredded cheese to the top and cover until the cheese is melted.
4. Scoop 1/2 into a freezer-safe dish and set aside to cool.
5. Serve the remaining 4 servings by dividing equally and garnishing as desired.

NUTRITION EDUCATION

One of the best strategies for keeping health, wellness, and fitness goals in line is to plan meals and cook them at home. Making informed choices and controlling the types of ingredients and portion sizes can be more efficient in cutting calories than spending time at a gym. For example, on average, one would need to run for 30 minutes or at a distance of 3 miles to burn 500 calories, but that number of calories can be saved by cooking nutritious meals at home vs. going through a drive-thru.

The best approach to meeting weight and fitness goals is to balance the focus on diet, physical activity, and sleep. Often, motivation wanes in the wellness journey because there is an extreme effort either on diet or activity. This means the diet is too strict and low in calories to be maintained, or the amount of physical activity is too much.

Those who spend hours a week at the gym and see little result may be due to poor diet choices or eating too many calories. An option to consider is perhaps looking at meal prep and planning as part of the workout and dedicating 1 hour a week to preparing dishes that can be made once and used twice. The key is to choose primarily high-nutrition quality foods, eating a variety of lean protein foods, complex carbohydrates, healthy fats, and plenty of produce while allowing some room for occasional indulgence. Our dietitian-approved programming can assist you.

Set a goal this week to increase the number of times you cook at home by dedicating 1 hour to meal prep. Then, use our dietitian-approved recipes and shelf tags to assist you on your next shopping trip. Start with this recipe.

DIETITIAN TIP

1. Consider serving this dish alongside a fresh slice of in-season melon or fruit topped with nonfat vanilla-flavored Greek yogurt.
2. This chili works well on top of a bed of leafy greens, as a potato topper, or as a wrap filling.

Notes: Nutrition analysis is based on the use of ground beef and beef broth. Optional ingredients are not included in the analysis.