

# SLOW-COOKER PINEAPPLE CHILI

Yield: 12 Servings



**TOTAL TIME:** 4 hours, 10 minutes on high or  
8 hours, 10 minutes on low

## INGREDIENTS

- 1 lb. Food You Feel Good About 85% lean ground beef
- 2 pkgs. (7 oz. each) Food You Feel Good About cleaned & cut diced peppers & onions
- 1½ cups Bolthouse Farms Matchstix Carrots (about 5 oz.)
- 1 pkg. (8 oz.) sliced mushrooms
- 1 can (28 oz.) Italian Classics Crushed Tomatoes with Herbs
- 2 cans (15.5 oz. each) dark kidney beans, drained
- 1 can (8 oz.) Food You Feel Good About crushed pineapple, drained
- 2 Tbsp. chili powder
- Salt and pepper to taste

6-8 quart slow cooker needed

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## PREPARATION

1. Brown ground beef in skillet on medium, breaking up meat with spoon as it cooks. Drain off excess drippings.
2. Add beef, peppers and onions, carrots, mushrooms, tomatoes, beans, pineapple, and chili powder to slow cooker. Stir and cover. Cook 4 hours on high or 8 hours on low. Season to taste with salt and pepper.

## NUTRITION

**Per serving:** Calories: 220; Fat: 6 g (3 g saturated fat); Cholesterol: 30 mg; Carbohydrates: 25 g; Protein: 15 g; Fiber: 7 g; Sodium: 390 mg.

Recipe courtesy of Wegmans