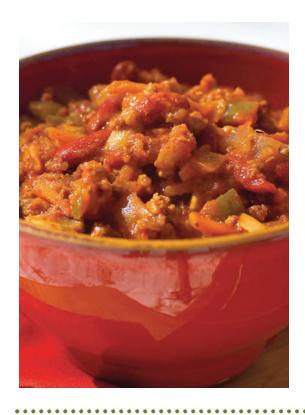
## **SLOW-COOKER PINEAPPLE CHILI**



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

## **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