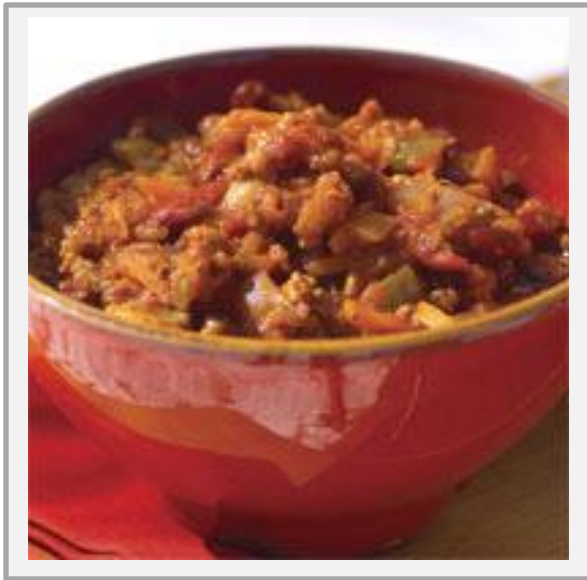


# Slow Cooked Pineapple Chili

Makes: 4 servings



**Total Time: 4 hours**

## Ingredients:

- 1 lb. Lean Ground Beef (85% lean)
- 2 packages (8oz. each) Diced Green Peppers and Onions
- 1 ½ cups Matchstix Carrots
- 1 package (8 oz.) sliced mushrooms
- 1 can (28 oz.) crushed tomatoes with herbs
- 2 cans (15.5 oz. each) dark kidney beans, drained and rinsed
- 1 can (8 oz.) crushed pineapple, drained
- 2 Tbsp. chili powder
- Salt and pepper to taste

## 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:** 220 calories; 6g fat (3g sat fat); 30mg cholesterol; 25g carbohydrates; 15g protein; 7g fiber; 390mg sodium