

PREPARATION: 30 MINUTES

COOKING: 50 MINUTES

8 SERVINGS

NO TOMATO CHILI

INGREDIENTS

2 tablespoons vegetable oil

500 g lean ground pork

1 ½ cups onion, diced

1 cup carrots, diced

1 cup bell pepper, diced

1 small jalapeno pepper, seeds removed, diced (optional)

3 garlic cloves, minced

2 tablespoons Mexican chili seasoning*

1 tablespoon paprika

1 teaspoon ground cumin

3 tablespoons flour

2 cups no salt added chicken stock

1 can (540 ml) black beans, rinsed and drained

3 tablespoons vinegar

1 ½ cups fresh or frozen corn kernels*

Garnish

Fresh cilantro, chopped

Fresh lime

1 cup cheddar cheese, grated



* Compare labels and choose product with the least amount of sodium.

PREPARATION

- 1 In a large and deep frying pan, heat oil over medium-high and saute ground pork until cooked (5 minutes). Add onion and carrots and cook for another 3 minutes.
- 2 Add bell peppers, jalapeno, garlic, and spices (chili, paprika, cumin). Saute for 5 minutes.
- 3 Sprinkle with flour and stir to combine.
- 4 Add chicken stock, black beans, and vinegar. Bring to a boil. Reduce heat and let simmer, uncovered, for 25 minutes, stirring frequently.
- 5 Add the corn and cook for another 5 minutes. Serve in bowls, garnished with cheese, cilantro and wedges of lime on the side.

Serve with bread or scones.

Nutrient Analysis

PER SERVING:

⅓ of recipe

RENAL EXCHANGE:

3 Protein + 1 Starch + 1 Vegetable

Calories	370 Kcal
Protein	22 g
Carbohydrates	29 g
Fibre	8 g
Sugars	6 g
Total Fat	19 g
Saturated Fat	7 g
Cholesterol	56 mg
Sodium	392 mg
Potassium	690 mg
Phosphorus	316 mg