

QUICK AND EASY CHILI

INGREDIENTS

1 ONION
1 BELL PEPPER
OLIVE OIL (TO COOK VEGETABLES)
SALT AND PEPPER
¾ LB. GROUND BEEF
2 GARLIC CLOVES
1 CAN KIDNEY BEANS
1 CAN BAKED BEANS
1 CAN PETITE DICED TOMATOES
¼ CUP SALSA
½ CUP PLAIN SPAGHETTI SAUCE
1 TBS. CHILI POWDER

- Sauté 1/3 of a chopped onion and 1 chopped bell pepper in a large pan with a few swirls of olive oil over medium heat until soft. Season with salt and pepper
- Add ground beef, season with a bit more salt and pepper and cook until meat is browned. Drain off fat
- Add garlic cloves, kidney beans, baked beans, diced tomatoes, salsa, spaghetti sauce and chili powder
- Simmer over medium heat for about 10 minutes. Add salt and pepper if needed and red pepper flakes if you want more heat
- Serve with corn chips and enjoy

PEACH-PEAR SORBET SWIRL

INGREDIENTS

1 CAN (15 OZ.) SLICED PEACHES,
FROZEN 24 HOURS IN UNOPENED CAN
1 CAN (15.25 OZ.) PEAR HALVES
IN HEAVY SYRUP, FROZEN 24 HOURS
IN UNOPENED CAN
1 CUP PLAIN LOW FAT GREEK YOGURT

- Submerge unopened frozen cans in very hot tap water 1 minute. Remove bottom of cans with a can opener. Pour any unfrozen syrup into food processor bowl
- Carefully slice frozen fruit cylinder in half from top to bottom, then into 2" chunks. Transfer chunks to bowl of food processor and process until smooth
- Fold yogurt into pureed mixture with a spatula to create swirls. Serve immediately or refreeze
- Optional – Garnish with a few mint leaves

www.delmonte.com/recipes/dessert/peach-pear-sorbet-swirl

SMOKY PAPRIKA-BAKED GARBANZO BEANS

INGREDIENTS

30 OZ CANNED GARBANZO BEANS,
DRAINED
1 TBSP. SMOKED PAPRIKA
1 TSP. ONION POWDER

- Preheat the oven to 350°
- In a medium mixing bowl, toss the drained garbanzo beans with the smoked paprika and onion powder
- Spread the beans on a parchment-lined baking sheet. Bake for 1 hour, stirring occasionally, until the beans are browned and crisp
- Remove from the oven and cool the beans to room temperature. Store in an airtight container until ready to enjoy

www.oprah.com/food/Smoky-Paprika-Baked-Garbanzo-Beans-Recipe#ixzz3kQKwO5rV

BROCCOLI CHICKEN CASSEROLE

INGREDIENTS

1 PACKAGE (6 OZ)
CHICKEN STUFFING MIX
2 CUPS CUBED COOKED CHICKEN
(OR CANNED CHICKEN)
1 CUP FROZEN BROCCOLI
FLORETS, THAWED
1 CAN (10-¾ OZ) CONDENSED
BROCCOLI CHEESE SOUP, UNDILUTED
1 CUP (4 OZ)
SHREDDED CHEDDAR CHEESE

- Preheat oven to 350°. Prepare stuffing mix according to package directions, using 1-½ cups water
- In large bowl, combine chicken, broccoli and soup; transfer to a greased 11"x7" baking dish. Top with stuffing; sprinkle with cheese. Bake, covered, 20 minutes. Uncover; bake 10-15 minutes longer or until heated through
- Freeze option: Transfer individual portions of cooled casserole to freezer containers; freeze. To use, partially thaw in refrigerator overnight. Transfer to a microwave-safe dish and microwave, covered, on high until a thermometer inserted in center reads 165°, stirring occasionally and adding a little broth if necessary

www.tasteofhome.com/recipes/contest-winning-broccoli-chicken-casserole