

People with Diabetes: Eating Right When Money's Tight

Here's an example of a healthy recipe that the whole family can enjoy. Designed to serve nine people, nutrition information, including carbohydrate grams, is provided for the recipe.

Beef & Bean Chili

2 lb lean beef stew meat, trimmed of fat, cut in 1-inch cubes
3 Tbsp vegetable oil
2 C water
2 tsp garlic, minced
1 large onion, finely chopped
1 Tbsp flour
2 tsp chili powder
1 green pepper, chopped
2 lb (or 3 C) tomatoes, chopped
1 Tbsp oregano
1 tsp cumin
2 C canned kidney beans*

**To cut back on sodium, try using "no salt added" canned kidney beans or beans prepared at home without salt.*

Instructions: Brown meat in large skillet with half of vegetable oil. Add water. Simmer covered for 1 hour until meat is tender. Heat remaining vegetable oil in second skillet. Add garlic and onion, and cook over low heat until onion is softened. Add flour and cook for 2 minutes. Add garlic-onion-flour mixture to cooked meat. Then add remaining ingredients to meat mixture. Simmer for 30 minutes. Serve chili with a mixed green salad with tomatoes, cucumber, and peppers topped with reduced-fat or fat-free salad dressing. Enjoy!

Nutrition Information Per Serving for Chili: Serving Size 8 oz, Calories 284, Total Fat Saturated Fat 2 g, Cholesterol 76 mg, Sodium 162 mg, Total Fiber 4 g, Protein 33 g, Carbohydrates 16 g, Potassium 769 mg.

To get additional free resources to help manage diabetes, contact the National Diabetes Education Program at www.YourDiabetesInfo.org or call 1-888-693-NDEP (6337), TTY: 569-1162. For more ways to save time and money when preparing meals at home, visit the Weight-control Information Network at www.win.niddk.nih.gov. For more healthy, low-cost recipes, search online for "Keep the Beat: Heart Healthy Recipes" developed by the National Heart, Lung, and Blood Institute. *The U.S. Department of Health and Human Services' National Diabetes Education Program jointly sponsored by the National Institutes of Health (NIH) and the Centers for Disease Control and Prevention (CDC) with the support of more than 200 partner organizations.*