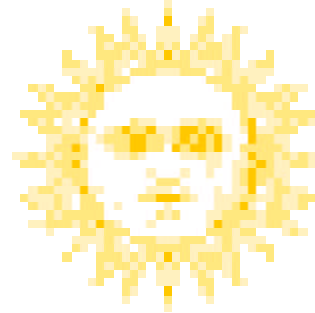


## Mexican Chili

1 onion, chopped  
1/2 green bell pepper, chopped  
1/2 red bell pepper, chopped  
2 cloves garlic, minced  
1 tbsp vegetable oil  
1 cup water  
1 package George Washington Golden Broth  
14 1/2 oz can Mexican Stewed Tomatoes  
2/3 cup Mild Pace Picante Sauce  
1 tsp chili powder  
1 tsp cumin  
2 cups Low Protein Rice or Pasta (4 cups cooked)



Saute chopped onions, peppers, and garlic in vegetable oil. Dissolve broth in 1 cup of hot water. In a large sauce pan, add broth, stewed tomatoes, mild salsa, chili powder, and cumin. Add vegetables to sauce pan and simmer. While it's simmering, prepare 2 cups Low Protein Rice following instructions on package. Serve 1/2 cup Chili over 1/2 cup Low Protein Rice. Makes 8 servings.

Per recipe: 252 mg phe, 10 g protein

Per serving (1/2 c. chili & 1/2 c. rice): 32 mg phe, 1 g protein

*Recipe created by David DeGroot*