



Featuring  
Chef Darryl Crumb

# Eat Like An Athlete

Presented By Manitoba Beef Producers

## Mexicali Ground Beef Chili

Chili is an all-time favorite that is low in fat, packed with protein and loaded with flavour. Take a look at this delicious and easy to make chili recipe which is sure to be a hit.

- |   |                             |
|---|-----------------------------|
| 1 can (28 oz/796 mL) diced tomatoes, drained                    | 1 cup (250 mL) frozen corn  |
| 2 cups (500 mL) frozen Big Batch Ground Beef (recipe follows)   | 1 tsp (5 mL) ground cumin   |
| 2 cans (19 oz/540 mL) kidney or black beans, drained and rinsed |                             |
| 1 sweet green pepper, diced                                     | 2 tbsp (30 mL) chili powder |

Combine ingredients in saucepan.

Simmer over medium heat, stirring occasionally, for 15 minutes or until heated through.

**Big Batch Beef:** Cook 4 lb (2 kg) Extra Lean Ground Beef in Dutch oven over medium-high heat for 10 minutes, breaking into small chunks with back of spoon, until browned. Drain and return to pot. Add 4 EACH onion and cloves of garlic, minced, simmer for 15 minutes until vegetables are softened. Spread in a single layer on several foil or parchment paper-lined baking trays; freeze until meat is firm, about 1 hour. Loosen into chunks, scoop meal-sized portions into freezer bags. Freeze for up to 3 months.



### Nutritional Information

Per Serving (251 calories, 21 g protein, 6 g fat (2 saturated fat, 0.1 g trans fat, 31 mg cholesterol), 31 g carbohydrate (11 g fibre), 504 mg sodium, 4 mg iron (28% DV), 4 mg zinc (40% DV))

## Protein: Get the Power!

As the basic building block for your body, protein is an important part of every cell. Canadian beef is naturally rich in this muscle-making nutrient that is essential for your health.

Scientists are increasingly interested in the role of protein in health beyond the basics of growth and repair. Also, studies show that our bodies naturally burn a few more calories when we eat protein-rich meals. Eating plenty of protein-rich foods may also help to reduce fat around the middle during weight loss and help you maintain a healthy weight. [Click here for more on protein.](#)



*If You Can't Play Like An Athlete You Can Still Eat Like One!*

