

**DOUBLE your
SNAP Dollars**
and make a delicious meal!

Create Your Own Chili!



Ingredients:

- 1 pound lean ground beef, buffalo, or wild game
- 1 cup chopped onions
- 2 cloves garlic, diced or crushed
- 2 cups cooked kidney beans (or canned, rinsed well and drained)
- 2 (15-ounce) cans unsalted diced tomatoes
- 2-3 Tablespoons chili powder
- ½ teaspoon cumin
- Salt, to taste (up to ½ teaspoon)
- Toppings, as desired

Instructions:

1. In a pot or large saucepan, brown beef over medium-high heat, breaking it into bite-sized pieces. Drain fat.
2. Add onions and garlic and cook until softened.
3. Add kidney beans, tomatoes, chili powder, cumin, and salt. Cook 30-60 minutes. Add water or 15-ounce can unsalted tomato sauce as chili cooks if you would like a thinner consistency.
4. Serve hot, with your favorite chili toppings.

Options: **Meat:** Use lean ground beef, buffalo, elk, or venison, or try a vegetarian version with no meat. **Beans:** Use any combo of kidney beans, pinto beans, black beans, lentils, etc. **Vegetables:** Add 1 cup of vegetables: frozen corn, chopped zucchini, chopped bell peppers, etc. **Toppings:** Shredded cheese, lowfat sour cream, tortilla chips, and hot sauce.

Nutrition Facts: Servings: 4, Serv. size: 2 cups
Amount per serving: Calories 440, Total Fat 18g, Sat. Fat 7g, Trans Fat 1g, Cholest. 75mg, Sodium 510mg, Total Carb. 37g, Fiber 11g, Total Sugars 8g (Incl. 0g Added Sugars), protein 32g

See back for details on **DOUBLING** your SNAP purchasing power!

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How to stretch your SNAP dollars at the market:

Get **FREE** fruits & vegetables with
DOUBLE SNAP DOLLARS
in 3 easy steps:



BUY \$1



GET \$1

1

Bring your EBT Card to the market info booth before you shop

2

Swipe EBT Card to get market tokens for SNAP-eligible foods

3

Also ask for FREE Double SNAP Dollar (DSD) tokens to spend on fruits and veggies—up to \$20!

Find all sites and learn more at DoubleDollarsMT.com

And there's more!



SIGN-UP for
Buy Eat Live Better's
FREE nutrition classes



Earn up to three \$20 Double SNAP Dollar Coupons for attending!

To register for a class, go to www.buysatlivebetter.org and click on "Class Sign Up."



Community Food & Agriculture Coalition



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