

## Wheat Berry Chili

**Meal/Course:** Lunch or Dinner

**Serves:** 8

**Ingredients:**

1 cup wheat berries

3 cups water

1 large onion, chopped

½ green pepper, chopped

½ yellow pepper, chopped

4 teaspoons chili powder, or to taste

¼ teaspoon hot pepper sauce

1/8 teaspoon black pepper

1 8-ounce can tomato sauce, unsalted

1 28-ounce can tomatoes, diced, unsalted

2 cups beef broth, 99% fat free, reduced sodium



1 15-ounce can kidney beans, unsalted

1 15-ounce can white beans, unsalted

**Directions:** Cook wheat berries in 3 cups of water for 1 hour until tender; add more water if necessary, drain. Rinse with cool water and drain thoroughly. In the microwave on medium heat, cook onion, green and yellow pepper for 1 minute, or until desired softness. In a 4-quart pot, combine remaining ingredients with wheat berries and microwaved vegetables. On stovetop, bring to a boil and simmer uncovered 1 hour or until desired consistency is reached, stirring occasionally.

**Nutrition per serving:**

Calories: 205

Total Fat: 1.18 g

Saturated Fat: .05 g

Sodium: 193.91 mg

Potassium: 367 mg

Calcium: 58.42 mg

Vitamin D: 0 mcg ; 0 IU

Dietary Fiber: 10.36 g

**Amount of Each Food Group Per Serving:**

Fats: 0

Milk, Yogurt, Cheese: 0

Meat, Poultry, Fish, Dry Beans, Eggs, Nuts: 2 oz

Fruits, Vegetables: 1

Bread, Cereal, Rice, Pasta: .5

**Meal suggestions:** Serve with 1 non-fat dairy serving, ½ bread serving and 1 serving of fruit.



The "Grain Chain," a group of MyPlate National Strategic Partners committed to promoting and supporting grains, offers a series of recipes featuring whole grains. Members include American Bakers Association, Wheat Foods Council, Grains Food Foundation, National Pasta Association, USA Rice Federation, General Mills, and Kellogg's.