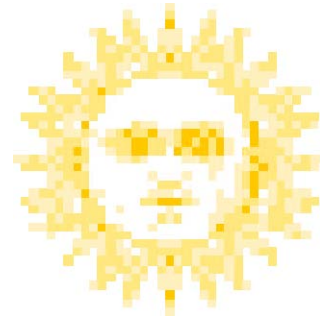


## Mexican Chili

- 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
- 1 4 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*



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