

Jeanne Cullen’s Tips for Diabetes-Friendly Fast Food

Chili

For the meat in the recipe, use extra lean ground beef or turkey.

If you want to get really radical you can replace all or half of the lean meat with textured vegetable protein, which will absorb whatever flavors you cook it with. Use plenty of onion, garlic and chili powder for seasoning and no one will know the difference.



Throw in a variety of sweet and hot peppers, and a tomato product (I like the Muir Glen® Fire Roasted canned tomatoes which give a nice smoky flavor).

Top with cilantro, lime and fat free sour cream and you will have a winner on your hands.

Nalli® Original chili, 1 cup	Stagg® Classic® chili, 1 cup	Homemade chili using lean ground beef or turkey, no added sodium beans, 1 cup**
Calories: 260	Calories: 310	Calories: 217
Fat: 7 grams	Fat: 17 grams	Fat: 4.6 grams
Carbohydrate: 32 grams	Carbohydrate: 24 grams	Carbohydrate: 19 grams
Fiber: 10 grams	Fiber: 6 grams	Fiber: 8 grams
Sodium: 1,140 mg	Sodium: 760 mg	Sodium: 420 mg

**Food composition will vary depending on ingredients and recipe used.