

# Arizona Skillet Chili

*Wagon wheel pasta, masa and green peppers baked in chili with a cheddar crust. LunchWell products meet all Wellness Guidelines - each serving has less than 30% fat, less than 10% saturated fat, 0 grams of trans fat, low sodium, and 5 grams of fiber!*



## Basic Recipe

- 1 #10 can LunchWell Arizona Skillet Chili
- 2 1/2 lbs Cooked and Drained Ground Beef
- 4 cups Tomato Puree
- 4 cups Drained Whole Kernel Corn
- 4 1/2 qts Boiling Water
- 8 oz Shredded Reduced Fat Cheddar Cheese

1. In an appropriate container, boil wagon wheel pasta in 4 1/2 quarts water until al dente.
2. Do not drain water! Add seasoning mix from pouch, ground beef, corn, and tomato puree. Stir to combine.
3. Transfer to serving pans and top with cheddar cheese to melt.

**Yield: 31 - 3/4 cup (9 oz) servings**

**Note: 186 servings per case**

**Meal Components Met Per Serving:**  
2 oz Meat, 1 Bread, 3/8 cup Vegetable

Nutrition Facts	Arizona Skillet Chili, As Packaged		As Prepared with Ground Beef	
		(48g)	3/4 cup (9.6 oz)	(294g)
Serving Size		(48g)	3/4 cup (9.6 oz)	(294g)
Servings Per Container	31		31	
<b>Amount Per Serving</b>				
<b>Calories</b>		130		280
Calories from Fat		10		80
		<b>% Daily Value*</b>		<b>% Daily Value*</b>
<b>Total Fat</b>	1g	<b>2%</b>	9g	<b>14%</b>
Saturated Fat	0g	<b>0%</b>	3g	<b>15%</b>
Trans Fat	0g		0g	
<b>Cholesterol</b>	0mg	<b>0%</b>	40mg	<b>13%</b>
<b>Sodium</b>	190mg	<b>8%</b>	500mg	<b>21%</b>
<b>Total Carbohydrate</b>	24g	<b>8%</b>	30g	<b>10%</b>
Dietary Fiber	4g	<b>16%</b>	5g	<b>20%</b>
Sugars	6g		9g	
<b>Protein</b>	7g		19g	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:				
	Calories:	2,000	2,500	
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300 mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	
Calories per gram:				
Fat 9 • Carbohydrate 4 • Protein 4				
Vitamin A	25%		30%	
Vitamin C	4%		10%	
Calcium	8%		20%	
Iron	25%		35%	



**Ordering Information:**  
Item Code: LW2035  
Pack Size: 6 / #10 cans  
Servings per Case: 186

Call your local sales representative or 800.323.0233 to place your order!