The health benefits of chili peppers

Chili pepper facts

Chili peppers don’t just taste good — they’re good for you. Research has shown that chili peppers can play a role in heart health.¹

• Also known as cayenne, chili peppers taste hot because of the active ingredient capsaicin.

• Cayenne is rich in immune-boosting Vitamins A and C. The high concentration of capsaicin assists with cold and flu symptoms.

• The capsaicin and capsiate, another substance naturally found in peppers, may help boost metabolism.

• Cayenne is an appetite suppressant.

• Capsaicin helps to reduce inflammation and is a natural form of pain relief from back pain, osteoarthritis, rheumatoid arthritis, nerve pain (shingles and diabetic neuropathy) and headaches.

• Capsaicin has been shown to reduce resting heart rate with regular chili pepper consumption.

• Cayenne may reduce blood cholesterol and triglyceride levels and prevent blood clots associated with a stroke and heart attack.

You can use chili peppers as a go-to ingredient in some of your favorite meals.* Get started with a great-tasting recipe on the back!

*If you’re taking a blood-thinning medication, talk with your doctor before using large amounts.

Beef and bean chile verde

Serves: 4  |  Active time: 20 minutes  |  Total time: 30 minutes

Recipe by EatingWell® found on Zipongo®. Adapted to include ground turkey.

**Ingredients**

- 1 lb. 93% lean ground beef or turkey
- 1 large red bell pepper, chopped
- 1 large onion, chopped
- 6 cloves garlic, chopped
- 1 tbsp. chili powder
- 2 tsp. ground cumin
- 1/4 tsp. cayenne pepper, or to taste
- 1 16-oz. jar green salsa, green enchilada sauce or taco sauce
- 1/4 cup water
- 1 15-oz. can pinto or kidney beans, rinsed

**Directions**

1. Cook the beef or turkey, bell pepper and onion in a large saucepan over medium heat, crumbling the meat with a wooden spoon, until the meat is browned, 8 to 10 minutes.

2. Add garlic, chili powder, cumin and cayenne; cook until fragrant, about 15 seconds. Stir in salsa (or sauce) and water; bring to a simmer. Reduce heat to medium-low, cover and cook, stirring occasionally, until the vegetables are tender, 10 to 15 minutes. Stir in beans and cook until heated through, about 1 minute.