



Tasty meets healthy

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.*

1 A review of the effects of Capsicum annum L. and its constituent, capsaicin, in metabolic syndrome. 2018. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6000222/>. Accessed January 31, 2019.



aetna.com



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.

CHALLENGE:

*Try one new recipe using chili peppers.
Check out recipes on Zipongo!*

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.

Aetna is the brand name used for products and services provided by one or more of the Aetna group of subsidiary companies, including Aetna Life Insurance Company and its affiliates (Aetna).



aetna.com