

Steps to Reducing Sodium in Recipes

Original Chili Con Carne for 50

Serving size: 1 cup

→ *Per serving: 760 mg sodium*

10 pounds ground beef
8 ounces onions, chopped
2½ quarts tomatoes, canned, diced
2 quarts tomato puree
1 quart water
3 ounces chili seasoning
1½ tablespoons cumin seed, ground
1½ tablespoons salt
½ teaspoon pepper, black
2 ounces sugar, granulated
9 pounds 8 ounces beans, pinto or kidney, canned

Step 1. Identify ingredients that likely contain hidden sodium. Keep an eye out for highly processed foods, canned vegetables or seasonings that contain salt as an ingredient.

- If you guessed the canned tomatoes, tomato puree, chili seasoning mix and beans, you are correct!

Step 2. Substitute a “no salt added” version of canned, diced tomatoes or other vegetables.

Step 3. Check out your seasonings. Substitute a store-bought chili powder with no sodium added instead of using chili seasoning. Chili powder is a mix of common kitchen spices; you can make it yourself!

Step 4. Drain and rinse canned beans. Draining the liquid from the beans and rinsing them before adding them to the food reduces sodium by about 40%.

Let's practice our food sodium knowledge by modifying a chili recipe.

Modified Chili Con Carne for 50

Serving size: 1 cup

→ *Per serving: 320 mg sodium*

10 pounds ground beef
8 ounces onions, chopped
2½ quarts “no salt added” tomatoes, canned, diced
2 quarts “no salt added” tomato puree
1 quart water
3 ounces chili powder (no salt added)
1½ tablespoons cumin seed, ground
1½ tablespoons salt
½ teaspoon pepper, black
2 ounces sugar, granulated
9 pounds 8 ounces rinsed beans, pinto or kidney, canned

In our example, we were able to reduce the sodium content by more than half! And we accomplished this without adjusting the salt called for in the recipe.

*To reduce sodium farther, try starting with dry beans. For more information, see the NDSU Extension Service publication “All About Beans,” available at www.ndsu.edu/agriculture/extension/publications/all-about-beans-nutrition-health-benefits-preparation-and-use-menus.

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