

3-Can Chili

Makes: 6 (1 cup) servings
 Preparation Time: 10 minutes
 Cooking Time: 5 minutes

Ingredients

1 (15-ounce) can beans (pinto, kidney, red, or black), un-drained
 1 (15-ounce) can corn, drained or 10-ounce package frozen corn
 1 (15-ounce) can crushed tomatoes, un-drained
 Chili powder to taste

Directions

1. Place beans, corn and tomatoes into a pan.
2. Add chili powder and stir.
3. Continue to stir over medium heat until heated thoroughly.
4. Refrigerate leftovers.

Be Creative!

Try adding cooked meat, chopped cooked onions, and/or green peppers.

Eat Smart: Vary Your Veggies!



Nutrition Facts	
Serving Size 1 cup (213g)	
Servings Per Container 6	
Amount Per Serving	
Calories 120	Calories from Fat 10
<small>% Daily Value*</small>	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 640mg	27%
Total Carbohydrate 23g	8%
Dietary Fiber 4g	16%
Sugars 5g	
Protein 4g	

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