

# #QUARANTINE KITCHEN

Budget-Friendly Recipes  
Using Canned & Dry Foods

## Bean and Corn Chili *(Makes 6 servings.)*

### Ingredients

- 4 c. cooked red beans (no salt added during cooking)
- 1 can corn, drained and rinsed
- 1 can diced tomatoes (do not drain)
- ½ c. frozen chopped onions
- ½ c. frozen chopped bell pepper
- 1 c. salsa
- 1Tbsp. ground cumin

### Directions:

1. Mix all ingredients in a soup pot with a lid.
  2. Bring to a boil, then reduce to a simmer.
  3. Simmer for 20-30 minutes.
- TIP: Spice can be changed by selecting mild, medium, or hot salsa

Nutrition info: Serving size: 1½ cup, Calories 231, Fat 1g, Protein 13g, Carbohydrate 46g, Fiber 12g, Sodium.

*Recipe developed by UAEX SNAP-Ed.*

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