

#QUARANTINE KITCHEN

Budget-Friendly Recipes
Using Canned & Dry Foods

Three Bean Chili *(Makes 6 servings.)*

Ingredients

- 1½ c. chopped onions
- ½ c. chopped bell pepper
- 1 tsp. oil
- 1 can kidney beans (drained and rinsed)
- 1 c. salsa
- 1 can black beans (drained and rinsed)
- 1 can pinto beans (drained and rinsed)
- 1 can diced tomatoes (do not drain)
- 1 Tbsp. ground cumin

Directions:

1. In a soup pot with a lid, heat oil over medium high heat. Sauté peppers and onions until just soft, about five minutes.
 2. Add remaining ingredients. Bring to a boil, then reduce to a simmer for 20-30 minutes.
 3. Serve with optional toppings, such as reduced-fat cheese, diced fresh onions or chopped cilantro.
- TIP: Spice can be changed by selecting mild, medium, or hot salsa.

Nutrition info: Serving size: 1½ cups, Calories 220, Fat 2g, Protein 13g, Carbohydrate 38g, Fiber 11g, Sodium 480mg.

Recipe developed by UAEX SNAP-Ed.

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