



3-Can Chili

Makes: 4 servings (1½ cups per serving)

Preparation Time: 3 minutes

Cooking Time: 5 minutes

Ingredients

1 (15 ounce) can pinto, kidney, red, or black beans, not drained

1 (15 ounce) can whole kernel corn, drained OR 1 ½ cups frozen corn

1 (15 ounce) can crushed tomatoes, not drained

Chili powder to taste

Hot sauce (optional)

Directions

1. Collect all the ingredients.
2. Pour the beans with liquid, drained corn, and tomatoes with liquid into a large pot over medium heat. Add a small amount of chili powder, and stir to mix.
3. Continue to stir over medium heat until it reaches a simmer and is thoroughly heated.
4. Taste to determine if you want to add more chili powder.
5. Serve hot (with hot sauce if desired).
6. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

Be creative! Try adding garlic powder; chopped, cooked meat; chopped onion; and/or chopped green or red bell pepper in step #3 of the recipe.

Nutrition Facts	
4 servings per container	
Serving size	1 1/2 Cups (320g)
Amount Per Serving	
Calories	180
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 960mg	42%
Total Carbohydrate 35g	13%
Dietary Fiber 6g	21%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 6g	12%
Vitamin D 0mcg	0%
Calcium 91mg	8%
Iron 4mg	20%
Potassium 758mg	15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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