

Three-can Chili

February 2024 Recipe

Makes: 6 servings



Ingredients

- 15.5 oz. can low-sodium pinto, kidney, red or black beans (undrained)
- 15 oz. can corn (drained)
- 14.5 oz. can low-sodium crushed tomatoes (undrained)
- Chili powder (to taste)

Nutritional information for 1 serving

Calories	116
Total fat	1 g
Saturated fat	0 g
Cholesterol	0 mg
Sodium	197 mg
Carbohydrate	23 g
Dietary fiber	7 g
Total sugars	3 g
Added sugars included	0 g
Protein	6 g

Directions

1. Place the contents of all three cans into a pan.
2. Add chili powder to taste.
3. Stir to mix.
4. Continue to stir over medium heat until heated thoroughly.
5. Refrigerate leftovers.