**3-CAN CHILI**

**SERVES:** 4 servings

**PREP TIME:** 3 minutes  
**COOK 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)

**STEPS:**
1. Collect all the ingredients.
2. Pour the beans with liquid, 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.

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**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving size</th>
<th>Calories</th>
<th>Protein</th>
<th>Vitamin D</th>
<th>Calcium</th>
<th>Iron</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 1/2 Cups</td>
<td>180</td>
<td>12g</td>
<td>0%</td>
<td>8%</td>
<td>4%</td>
</tr>
</tbody>
</table>

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