

3-CAN CHILI



PREP TIME:

3 minutes

COOK TIME:

5 minutes

SERVES:

4 servings

(1 ½ cups per serving)

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)

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.

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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