

# 3-CAN CHILI

*Sourced from USDA MyPlate*

**TOTAL PREP TIME: 2 MINUTES | COOK TIME: 10 MINUTES**

**SERVINGS: 6 | SERVING SIZE: 1/6 RECIPE**

## NUTRITION FACTS

129 calories  
Total Fat: 1g  
Saturated Fat: 0g  
Carbohydrates: 27g  
Fiber: 6g  
Protein: 6g  
Sodium: 418mg  
Cholesterol: 0mg

## INGREDIENTS

- 1 can beans, low-sodium undrained (pinto, kidney, red, or black 15.5oz)
- 1 can corn, drained (15oz, or 10oz package of frozen corn)
- 1 can crushed tomatoes, undrained (15oz)
- chili powder (to taste)

## DIRECTIONS

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

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## NUTRITION AND RECIPE TIPS

- With almost no cooking required to prepare this chili, just open cans of beans, corn, and tomatoes, and heat everything together in a pan! Think of this recipe as a jumping off point for your new favorite chili.
- You can add spices like garlic, paprika, or cumin to season to your liking.
- Want to add sour cream to your dish? Try adding non-fat/low-fat plain yogurt or Greek yogurt instead. The taste is just as tangy and delicious!
- Want to add fresh ingredients to your dish? Try adding carrots, onions, celery, and potatoes for added color, taste, and texture.
- Excellent source of **iron**: prevents anemia; aids in body growth and development.
- Beans are high in **fiber**: may help reduce the risk of colorectal cancer.