

3- CAN CHILI

Servings: 6

Total Time: 10 minutes

Ingredients:

1 can beans, low-sodium undrained (pinto, kidney, red, or black 15.5 ounces)

1 can corn, drained (15 ounces, or 10-ounce package of frozen corn)

1 can crushed tomatoes, undrained (15 ounces)

1 tsp chili powder

Directions:

1. Place the contents of all 3 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 or freeze leftovers.

Tips to try

Serve with grains like Brown Rice, Whole Wheat English muffins, Whole Wheat tortillas, or Corn Bread. Include more spices and herbs if you want more flavor!

Longer cook time: Choose a variety of vegetables like spinach, squash, sweet potatoes, peppers, garlic and onions.

Source:

Colorado State University and University of California at Davis. Eating Smart Being Active Recipes.

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