

3-Bean Chili

9 servings

Make a shopping list. Write down items you need as you run out of or think of them. It will save you time and money.



- 1 (15 ounce) can kidney beans, drained and rinsed
- 1 (15 ounce) can black beans, drained and rinsed
- 1 (15 ounce) can chili beans
- 1 (15 ounce) can diced tomatoes, low sodium
- 1 (15 ounce) can corn, drained
- Chili powder, to taste

1. Wash hands with soap and water.
2. In a large pot, combine all canned ingredients. Heat over medium heat.
3. Add chili powder to taste and stir.
4. Continue to cook until heated thoroughly.
5. Store leftovers in a sealed container in the refrigerator for up to four days.

Nutrition Information per Serving: (1/9 of recipe) Calories 170, Total Fat 1g, Saturated Fat 0g, Sodium 541mg, Total Carbohydrates 32g, Dietary Fiber 10g, Protein 9g.