



Go Lean With Protein



EFNEP

Expanded Food and Nutrition Education Program

3-Can Chili

Makes: 6 (1 cup) servings

Preparation Time: 10 minutes

Cooking Time: 5 minutes

Ingredients

- 1 (15-ounce) can beans (pinto, kidney, red, or black), un-drained
- 1 (15-ounce) can corn, drained or 10-ounce package frozen corn
- 1 (15-ounce) can crushed tomatoes, undrained
- Chili powder to taste

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 leftovers.

Be Creative!

Try adding cooked meat, chopped cooked onions, and/or green peppers.

Eat Smart: Vary Your Veggies!

Nutrition Facts

Serving Size 1 cup (213g)
Servings Per Container 6

Amount Per Serving

Calories 120 **Calories from Fat 10**

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 640mg **27%**

Total Carbohydrate 23g **8%**

Dietary Fiber 4g **16%**

Sugars 5g

Protein 4g

