

3 Can Chili

Serves 6

Ingredients:

- 1 can beans, low-sodium undrained (pinto, kidney, red, or black 15 ounces)
- 1 can corn, drained (15 ounces, or 10-ounce package of frozen corn)
- 1 can crushed tomatoes, undrained (15 ounces)
- 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.

Nutrition Facts

servings per container	
Serving size	(213g)
Amount per serving	
Calories	120
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 310mg	13%
Total Carbohydrate 24g	9%
Dietary Fiber 7g	25%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 2mg	10%
Potassium 526mg	10%

*The % Daily Value 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.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

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