



A Nutrition Resource

3 CAN CHILI

Yield: 6 Servings | Serving Size: 1 cup

Cost/Serving: \$0.40

Ingredients:

- 1 (15-ounce) can beans (pinto, kidney, red, or black), not drained
- 1 (15-ounce) can whole kernel corn, drained or 1 1/2 cups frozen corn
- 1 (15-ounce) can crushed tomatoes, not drained
- Chili powder to taste
- Hot sauce (optional)

Directions:

- 1) Collect all the ingredients.
- 2) Open cans and drain corn (if using canned corn) before preparing the recipe.
- 3) Pour the beans with liquid, corn, and tomatoes with liquid into a large pot over medium heat. Add a small amount of chili powder and stir to mix.
- 4) Continue to stir over medium heat until it reaches a simmer and is thoroughly heated.
- 5) Taste to determine if you want to add more chili powder.
- 6) Serve with hot sauce if desired.
- 7) Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

Be Creative! Try adding garlic powder; chopped, cooked meat; chopped onion; and/or chopped green or red bell pepper in step #3 of the recipe.

Nutrition Facts

4 servings per container

Serving size 1 1/2 Cups (320g)

Amount Per Serving

Calories 180

% Daily Value*

Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 960mg	42%
Total Carbohydrate 35g	13%
Dietary Fiber 6g	21%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 6g	12%
Vitamin D 0mcg	0%
Calcium 91mg	8%
Iron 4mg	20%
Potassium 758mg	15%

*The % Daily Value (DV) 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.



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