



EATING SMART
BEING ACTIVE

3-Can Chili

Makes: 4 servings (1 ½ cups per serving)

Preparation Time: 3 minutes

Cooking Time: 5 minutes

Ingredients

1 (15 ounce) can pinto, kidney, red, or black beans, not drained

1 (15 ounce) can whole kernel corn, drained OR 1 ½ cups frozen corn

1 (15 ounce) can crushed tomatoes, not drained

Chili powder to taste

Hot sauce (optional)

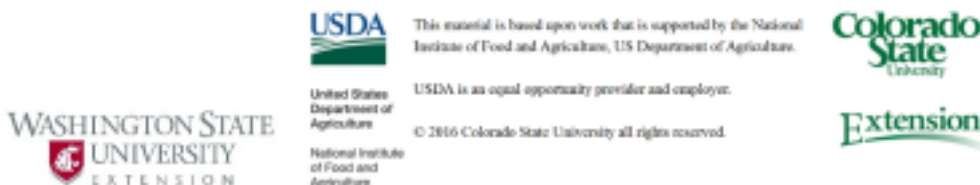
Directions

1. Wash hands with soap and water.
2. Collect all the ingredients.
3. Open cans, and drain corn (if using canned corn) before preparing the recipe.
4. 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.
5. Continue to stir over medium heat until it reaches a simmer and is thoroughly heated.
6. Taste to determine if you want to add more chili powder.
7. Serve with hot sauce if desired.
8. Refrigerate leftovers within 2 hours. Heat to an internal temperature of 165° F before eating. Enjoy within 3 to 5 days.

| Nutrition Facts | |
|-------------------------------|--------------------------|
| 4 servings per container | |
| Serving size | 1 1/2 Cups (320g) |
| Amount Per Serving | |
| Calories | 180 |
| <small>% Daily Value*</small> | |
| Total Fat 2g | 3% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 980mg | 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.

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.



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