

3-Can Chili

Makes: 6 Servings

Ingredients

1 can beans, low-sodium undrained (pinto, kidney, red, or black 15.5 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. Stir to mix.
3. Continue to stir over medium heat until heated thoroughly. Serve.

Total Cost: \$2.94

Serving Cost: \$0.49

Costs determined with black beans and frozen corn

Source: USDA: What's Cooking? USDA Mixing Bowl - 2/2019



Nutrition Facts

6 servings per container	
Serving size	(213g)
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 32g	12%
Dietary Fiber 6g	21%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 55mg	4%
Iron 3mg	15%
Potassium 581mg	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.

