

Chicken and Beans

Makes: 6 servings

Ingredients:

1 can kidney beans (15 ounce)
1 garlic clove
1 onion (medium)
5 chicken thighs (5-6 medium thighs)
8 ounces tomato sauce
1/4 cup vinegar
salt and pepper (to taste, optional)

Directions:

1. Drain and rinse beans.
2. Crush garlic.
3. Dice onion.
4. Dice chicken thighs.
5. In large, pot, cook chicken until half done.
6. Add tomato sauce, vinegar, onion, garlic, salt and pepper.
7. Simmer for about 30-40 minutes or until chicken is tender.
8. Add kidney beans and simmer for 5-10 more minutes.

Total Cost: \$5.97

Cost Per Serving: \$0.99

Source: University of Hawaii at Manoa



Nutrition Facts

6 servings per container
Serving size 1 Serving (149g)

Amount per serving
Calories 160

	% Daily Value*
Total Fat 6g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 110mg	5%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%

Protein 12g	
Vitamin D 0mcg	0%
Calcium 35mg	2%
Iron 2mg	10%
Potassium 383mg	8%

*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.

