



3 CAN CHILI



Approx. 45
minutes



6 servings

INGREDIENTS

- 1 can (15.5 ounces) beans, low-sodium undrained (pinto, kidney, red, or black)
- 1 can (15 ounces) corn, drained (or 10-oz package of frozen corn)
- 1 can (14.5 ounces) crushed tomatoes, undrained (low-sodium)
- chili powder (to taste)

DIRECTIONS

1. Wash hands with soap and water.
2. Place the contents of all 3 cans into a pan.
3. Add chili powder to taste.
4. Stir to mix.
5. Continue to stir over medium heat until heated thoroughly.
6. Refrigerate leftovers.

Recipe source adapted from: myplate.gov



Adapted from U.S. Department of Agriculture, Supplemental Nutrition Assistance Program. USDA does not endorse any products, services, or organizations. Provided by Food Bank of Delaware.

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