



Try it “Tuesdays”



3 Can Chili

Makes: 6 (1 cup) servings

Preparation Time: 10 Minutes

Cooking Time: 5 minutes

Nutrition Facts

Serving Size 1 cup (213g)
Servings Per Container 6

Amount Per Serving

Calories 120 **Calories from Fat 10**

% Daily Value*

Total Fat 1g **2%**
Saturated Fat 0g **0%**
Trans Fat 0g

Cholesterol 0mg **0%**
Sodium 640mg **27%**
Total Carbohydrate 23g **8%**
Dietary Fiber 4g **16%**
Sugars 5g

Protein 4g

Vitamin A 0% • Vitamin C 10%
Calcium 0% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients

- 1 (15-ounce) can beans (pinto, kidney, red, or black), un-drained
- 1 (15-ounce) can corn, drained or 10-ounce package frozen corn
- 1 (15-ounce) can crushed tomatoes, undrained
- Chili powder to taste

Directions

Place the contents of all 3 cans into a pan. Add chili powder to taste. Stir to mix. Continue to stir over medium heat until heated thoroughly. Refrigerate leftovers.

Be Creative! Try adding cooked meat, chopped cooked onions, and/or green peppers.

For more information, Contact your local EFNEP office

