

THREE CAN CHILI

Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 1/6 of recipe

Nutrition (per serving)

Calories: 129

Total Fat: 0 g

Sodium: 418 mg

Total Carbohydrate: 27 g

Dietary Fiber: 6 g

Total Sugars: 4 g

Added Sugars: 0 g

Protein: 6 g

PREP TIME: 5 min

COOK TIME: 10 min

TOTAL TIME: 15 min



Ingredients

1 can beans 15.5 oz, undrained (use pinto, kidney, red or black beans)

1 can corn 15 oz, drained (or use a 10 oz bag frozen corn)

1 can crushed tomatoes 15 oz, undrained

Chili powder, to taste (start with 1/2 tsp)



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Directions

1. Place the contents of all three cans in saucepan. Add chili powder.
2. Stir well.
3. Heat and serve.