

Easy 3-Bean Chili

- Recipe make too much? Easily freeze leftovers in labeled quart size bags for easy reheating when you're running low on time.
- The plant-based source of protein is beans, but adding ground turkey, lean ground beef or even shredded chicken breast would make the meat-eater in your life happy.
- Double or triple the spice blend and store in an sealed container to use later. Try it on roasted vegetables or on your favorite baked meat.

Nutrition Facts	
4 servings per container	
Serving size	1/4 of recipe
Amount per serving	
Calories	250
	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 520mg	23%
Total Carbohydrate 43g	16%
Dietary Fiber 12g	43%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 84mg	6%
Iron 2mg	10%
Potassium 478mg	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.

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Servings: 7 Prep Time: < 30 minutes



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Ingredients:

- 1 Tablespoon vegetable oil
- 1 small onion, diced
- 1 green bell pepper, diced
- 1 can (28oz.) crushed tomatoes, in tomato juice
- 1 can (15oz.) three-bean blend (white, black, pinto) drained and rinsed
- 1 Tablespoon chili powder
- 1 Tablespoon ground cumin
- 1/2 teaspoon garlic powder
- 1/4 teaspoon cayenne pepper (optional for spicity)
- 1/2 teaspoon salt
- 1 teaspoon black pepper

Directions:

1. In a large pot over medium heat, sauté onion and bell pepper in hot oil until onion is soft and see through.
2. Add crushed tomatoes, beans and spices.
3. Cover and bring to a boil over medium-high heat. Reduce heat to medium and simmer with cover on for 10 minutes.
4. Serve hot and top with plain low-fat Greek yogurt, chopped chives or cilantro and avocado slices.

Recipe Credit:

Mallory Hazen, Nutrition Educator