

3-Bean Chili

*MENU IDEA: 3-Bean chili, carrot sticks, whole grain bread, apples

Ingredients:

- 2 14.5-ounce can diced tomatoes
- 1 15-ounce can garbanzo or kidney beans, rinsed and drained
- 1 15-ounce can black beans, rinsed and drained
- 2 cups frozen corn
- 1 large onion, chopped (about 1 ½ cups)
- 3 to 4 teaspoons chili powder
- Black pepper, to taste

*Optional: Shredded cheese or meat**

Directions:

1. Put all ingredients in a large pot. Heat to boiling over high heat.
2. Reduce heat and simmer about 20 minutes or until hot, stirring occasionally. If desired, top each serving with a tablespoon of shredded cheese.

*Variation: Add 1 pound cooked and drained ground turkey or beef. You'll find more tips at:

www.extension.iastate.edu/foodsavings

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