## 6 Can Chili

#### **INGREDIENTS**

- 1, 15oz can great northern beans, drained and rinsed
- 1, 15oz can dark red kidney beans, drained and rinsed
- 1, 15oz can black beans, drained and rinsed
- 1, 15oz can corn, drained and rinsed
- 1, 14.5oz can diced tomatoes with juices
- 1, 8oz can tomato sauce
- ½ yellow onion, diced
- 1.5 teaspoons minced garlic
- 1 tablespoon olive oil
- ½ teaspoon cumin
- ¼ teaspoon chili powder
- 1/4 teaspoon salt
- ¼ teaspoon pepper
- Optional toppings:
  - Greek yogurt or low-fat sour cream
  - Low-fat cheese
  - Avocado

## 30 MINUTES 8 SERVINGS



adapted from: abeautifulmess.com

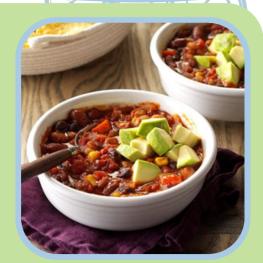


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### PROCEDURE

- 1. In a large pot, heat olive oil over medium heat.

  Add onion and cook for 2-3 minutes, until it
  begins to soften. Add garlic, cumin, and chili
  powder and cook for another minute.

  Continuously stirring to ensure nothing sticks to
  the bottom of the pan.
- 2. Add in the diced tomatoes, tomato sauce, beans, and corn.
- 3. Stir and continue to cook until heated through. Add salt and pepper, to taste.
- 4. Serve with your favorite toppings!

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