

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
- ¼ 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



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
- ¼ 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



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!

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!