

4 Ingredient Chili (Vegetable, Protein)



Ingredients:

- 1 can kidney, pinto, or red beans, low-sodium, undrained
- 1 10-oz package of frozen corn
- 1 16 oz can crushed tomatoes, undrained
- chili powder, to taste

Directions:

1. Combine beans, corn, and tomatoes in a pan.
2. Add chili powder to taste.
3. Stir to mix.
4. Continue to stir over medium heat until heated thoroughly.

Makes 6 servings



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