



## 3-Can Chili



**Makes:** 6 Servings

**Total Cost:** \$\$\$\$

With almost no cooking required to prepare this chili, just open cans of beans, corn, and tomatoes, and heat everything together in a pan!

## Ingredients

- 1 can (15.5 ounces) beans, low-sodium, undrained (pinto, kidney, red, or black)
- 1 can (15.2 ounces) corn, drained (or 10-oz package of frozen corn)
- 1 can (14.5 ounces) crushed tomatoes, low-sodium, undrained

- 1 teaspoon chili powder (or more, to taste)

## Directions

1. Wash hands with soap and water.
2. Place the contents of all 3 cans into a pan.
3. Add chili powder to taste.
4. Stir to mix.
5. Continue to stir over medium heat until heated thoroughly.
6. Refrigerate leftovers.

## Notes

Learn more about:

- [Corn](#)
- [Tomatoes](#)

Source:

Recipe Adapted from: *Eating Smart, Being Active*

Colorado State University and University of California at Davis

# Nutrition Information

Serving Size: 1/6 of recipe, 1 cup

Nutrients	Amount
Total Calories	118
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	215 mg
Carbohydrates	24 g
Dietary Fiber	7 g
Total Sugars	3 g
Added Sugars included	0 g
Protein	6 g
Vitamin D	0 mcg
Calcium	50 mg
Iron	2 mg
Potassium	429 mg

# MyPlate Food Groups

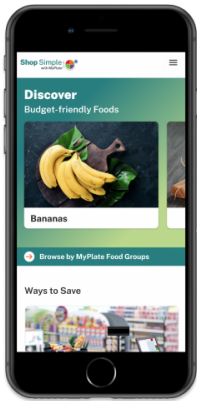


- Vegetables
- Protein Foods

1 cup  
1 1/2 ounces

N/A will display when nutrient data is unavailable

Please note: nutrient values are subject to change as data is updated



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MyPlate.gov is based on the *Dietary Guidelines for Americans, 2020-2025*

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