

# Three-Can Chili

Serves: 6

## Ingredients

- 1 can beans, low sodium undrained (pinto, kidney, red or black 15.5 ounces)
- 1 can corn, drained (15 ounces, or 10-ounce package of frozen corn)
- 1 can crushed tomatoes, undrained (15 ounces)
- chili powder (to taste)

## Directions

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

### Nutritional information

Total calories per serving: 129

Total fat: 1 g

Saturated fat: 0 g

Cholesterol: 0 mg

Sodium: 418 mg

Carbohydrates: 27 g

Dietary fiber: 6 g

Total sugars: 4 g

Added sugars: 0 g

Protein: 6 g