



Corny Chili

Ingredients

2 (15-ounce) cans kidney or black beans
1 medium onion
1 Tablespoon vegetable oil
2 teaspoons chili powder
1 (15-ounce) can diced tomatoes
2 Tablespoons tomato paste
1 (10-ounce) package frozen corn kernels
1 (8-ounce) package low-fat cheddar cheese
hot sauce (optional)

Makes 8 servings

Instructions

1. Place beans in a colander and rinse with water.
2. Peel onion and chop into small pieces.
3. Add onion and oil to saucepan. Cook over low heat for about 5 minutes, stirring occasionally.
4. Stir in chili powder and garlic powder. Cook for 1 minute.
5. Add beans, tomatoes, tomato paste, and corn. Simmer uncovered on medium low heat for about 15 minutes.
6. Grate cheese.
7. Sprinkle cheese over individual servings and add hot sauce to taste.

Nutrition Facts

Serving Size 1 cup
Servings Per Container 8

Amount Per Serving

Calories 200 **Calories from Fat 35**

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 420mg **18%**

Total Carbohydrate 28g **9%**

Dietary Fiber 6g **24%**

Sugars 4g

Protein 15g

Vitamin A 10% • Vitamin C 25%

Calcium 15% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| | Calories: | 2,000 | 2,500 |
|--------------------|-----------|---------|---------|
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

18% calories from fat

Source: Sisters in Health: A Nutrition Program for Women. Division of Nutritional Sciences, Cornell University and Cornell Cooperative Extension, 1999.

December 2009



In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities.

USDA's Food Stamp Program and Expanded Food and Nutrition Education Program funded this material.

