

Three Can Chili

Ingredients

- 1 tablespoon olive oil
- 1/2 medium sized onion, chopped
- 1 bell pepper, chopped
- 1 can beans (15 ounces), undrained (pinto, kidney, or black)
- 1 can corn (15 ounces), drained
- 1 can diced tomatoes (15 ounces)
- 1 tablespoon chili powder
- 2 teaspoon dried oregano
- 1/2 teaspoon salt

Nutrition Tip: Chili soup is a great one-pot recipe with lots of veggies, protein and herbs. Have a slice of whole grain bread for balanced meal!



Directions

- 1) Heat oil on pan or pot. Add chopped onions and cook for ~3 minutes. Add chopped bell peppers and cook for 1-2 minutes.
- 2) Place content of all 3 cans into medium-sized pan/pot. Add chili powder, oregano, and salt. Use spoon or spatula to mix well.
- 3) Continue to stir over medium heat until heated thoroughly. Enjoy!

No stove? You can use a microwave to cook ingredients in a large microwavable bowl or use a slow cooker/Croc Pot!

Recipe adapted from <https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/3-can-chili>

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