

3-Can Chili

Makes: 6 Servings

Ingredients

1 can beans, low-sodium undrained (pinto, kidney, red, or black 15 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.