



A Nutrition Resource

CHILI WITH CHILI SEASONING MIX

Yield: 3 Servings | **Serving Size:** 1 cup

Cost/serving: \$1.08

Ingredients:

- 2 cups cooked beans (kidney, black, pinto, etc.) or canned, drained and rinsed)
- 1 cup frozen corn
- 1 (14.5-ounce) can diced tomatoes
- 2 Tablespoons *Chili Seasoning Mix*

Directions:

- 1) Put the canned tomatoes (undrained), corn, cooked beans, and water into a large saucepan on medium heat.
- 2) Add the seasoning mix.
- 3) Stir and heat through. Serve immediately. Refrigerate any leftovers.

Options: Other ingredients that may be added are cooked meat, chopped cooked onions, and/or lightly cooked bell peppers.

Nutrition Facts

3 servings per container
Serving size 1 cup (297g)

Amount per serving
Calories **230**

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 360mg 16%

Total Carbohydrate 44g 16%

Dietary Fiber 10g 36%

Total Sugars 8g

Includes 0g Added Sugars 0%

Protein 13g

Vitamin D 0mcg 0%

Calcium 72mg 6%

Iron 4mg 20%

Potassium 614mg 15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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