Southwest Chili
Serving Size: ½ Cup
Yield: 12 Servings

Ingredients:
1 Tbsp olive oil
1 large onion, chopped
2 large tomatoes, chopped
1 can (4 oz.) chopped green chilies, undrained
1 Tbsp chili powder
1 tsp ground cumin
1 can (15 oz.) red kidney beans, undrained
1 can (15 oz.) Great Northern beans, undrained
¼ cup cilantro leaves, chopped (optional)

Instructions:
1. Heat oil in large saucepan over medium heat. Add onion; cook until tender, stirring occasionally.
2. Stir in tomatoes, chilies with liquid, chili powder and cumin. Bring to a boil. Add beans with liquid.
3. Reduce heat to low; cover. Simmer 15 minutes, stirring occasionally. Sprinkle individual servings with cilantro, if desired.

Nutrition Per Serving:
Calories 285, Calories from Fat 45, Protein 7g, Fat 5g (sat 1g), Carbohydrate 8g, Fiber 4g, Cholesterol 0mg, Sodium 459mg, Sugar 1g

Healthy Tip:
- Add chicken, ground turkey, tempeh or lean stew beef for added protein. (Cook thoroughly)