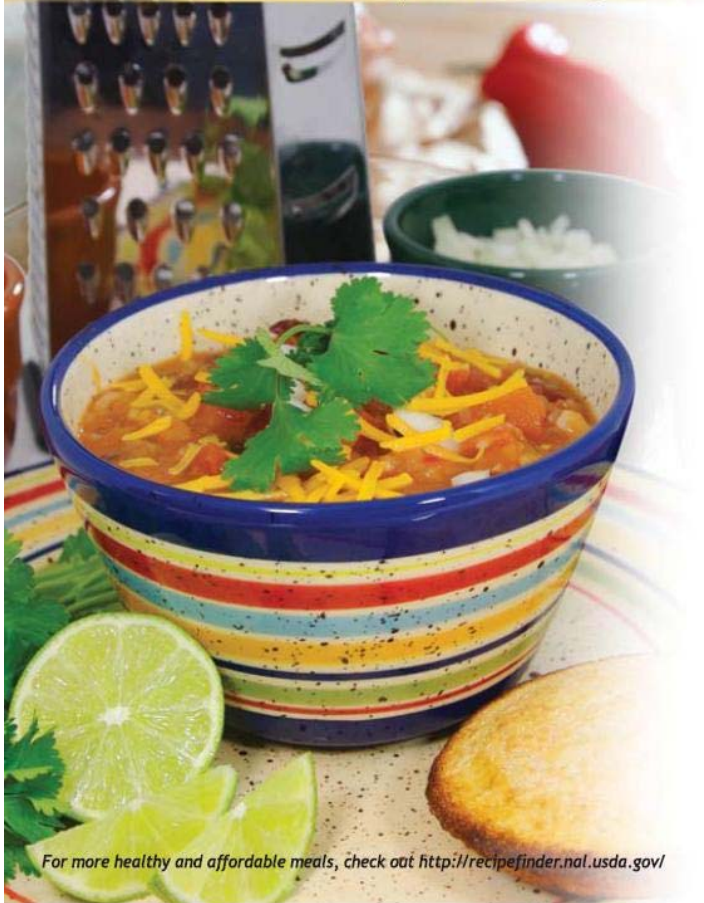


Main

Southwest Chili

Cost: Per Recipe: \$4.95 Per Serving: \$0.41



For more healthy and affordable meals, check out <http://recipefinder.nal.usda.gov/>

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)

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