



THE UNIVERSITY OF ARIZONA

Cooperative Extension

PINAL COUNTY

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EATING SMART
BEING ACTIVE

3-Can Chili

Makes: 4 servings (1½ cups per serving)

Preparation Time: 3 minutes

Cooking Time: 5 minutes

Ingredients

- 1 (15 ounce) can pinto, kidney, red, or black beans, not drained
- 1 (15 ounce) can whole kernel corn, drained OR 1 ½ cups frozen corn
- 1 (15 ounce) can crushed tomatoes, not drained
- Chili powder to taste
- Hot sauce (optional)

Directions

1. Collect all the ingredients.
2. Pour the beans with liquid, drained corn, and tomatoes with liquid into a large pot over medium heat. Add a small amount of chili powder, and stir to mix.
3. Continue to stir over medium heat until it reaches a simmer and is thoroughly heated.
4. Taste to determine if you want to add more chili powder.
5. Serve hot (with hot sauce if desired).
6. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

Be creative! Try adding garlic powder; chopped, cooked meat; chopped onion; and/or chopped green or red bell pepper in step #3 of the recipe.

Nutrition Facts	
4 servings per container	
Serving size	1 1/2 Cups (320g)
Amount Per Serving	
Calories	180
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 960mg	42%
Total Carbohydrate 35g	13%
Dietary Fiber 6g	21%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 6g	12%
Vitamin D 0mcg	0%
Calcium 91mg	8%
Iron 4mg	20%
Potassium 758mg	15%
*The % Daily Value (DV) 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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EATING SMART
BEING ACTIVE

Chile 3 latas

Rinde: 4 porciones (1 ½ tazas por porción)

Tiempo de preparación 3 minutos

Tiempo de cocción: 5 minutos

Ingredientes

1 lata (15 onzas) de frijoles pinto, rojos o negros, sin escurrir

1 lata (15 onzas) de maíz en grano entero, escurrido O 1 ½ tazas de maíz congelado

1 lata (15 onzas) de tomate triturado, sin escurrir

Chile en polvo, a gusto

Salsa picante (opcional)

Preparación

1. Reunir todos los ingredientes.
2. Colocar los frijoles con el líquido, el maíz escurrido y los tomates con el líquido en una cacerola grande. Llevar a fuego mediano. Agregar una pizca de chile en polvo y revolver.
3. Seguir revolviendo a fuego mediano hasta que hierva y esté bien caliente.
4. Probar y agregar más chile en polvo si es necesario.
5. Servir caliente (con la salsa picante si lo desea).
6. Refrigerar las sobras dentro de las 2 horas. Consumir dentro de los siguientes 3 a 5 días.

¡Sea creativo! Agregar ajo picado o en polvo, carne cocida, cebolla picada y/o pimienta verde o rojo picado en el paso #3 de la receta.

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