



Three-Bean Chili With Chunky Tomatoes

ce, especially on a chilly night!

Recipe Source: *Deliciously Healthy Dinners*

Prep time	Cook time	Yields	Serving Size
10 minutes	20 minutes	4 servings	2 C chili

Ingredients

- 2 Tbsp canola oil
- 1 C onion, coarsely chopped
- ½ C celery, rinsed and chopped
- 1 C green bell pepper, rinsed and diced
- 1 can (15½ oz) low-sodium black beans, drained and rinsed
- 1 can (15½ oz) low-sodium red kidney beans, drained and rinsed
- 1 can (15½ oz) low-sodium pinto beans, drained and rinsed
- 2 cans (14½ oz each) no-salt-added diced tomatoes with basil, garlic, and oregano
- 1 Tbsp ground cumin
- 1 Tbsp chili powder

calories	443
Total fat	8 g
Saturated fat	0 g
Cholesterol	0 mg
Sodium	331 mg
Total fiber	16 g
Protein	22 g
Carbohydrates	73 g
Potassium	1,411 mg

Directions

- 1 In an 8-quart soup or pasta pot, heat the oil over medium heat until hot but not smoking. Add onion. Cook and stir until onion starts to soften, about 5 minutes.**
- 2 Add celery and green pepper. Cook and stir another 5 minutes, until all vegetables soften.**
- 3 Add drained and rinsed beans to pot.**
- 4 Stir in tomatoes, cumin, and chili powder.**
- 5 Bring to a boil. Cover, reduce heat, and simmer 10–20 minutes to blend flavors.**
- 6 Serve immediately.**

Tip: Delicious with rice or a side of [Good-for-You Cornbread](#).

Note: If you can't find beans labeled "low sodium," compare the Nutrition Facts panels to find the beans with the lowest amount of sodium. Rinsing can help further reduce the sodium level.

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