

30-Minute Chili

Meatless meals have more servings of vegetables and are lower in fat. Enjoy at least one meatless meal each week to improve your health.



Freeze leftover chili for healthy meals on the go.

More recipes are available at pittsburghfoodbank.org/recipecards



Drain and rinse canned beans and vegetables to reduce added sodium.



Try different beans like chickpeas, kidney beans or white beans.



Cook onions and carrots. Stir while cooking so they do not burn.



30-Minute Chili

Preparation time: 5 minutes | Cook time: 25 minutes | Cost: \$2.50

Ingredients:

- 2 teaspoons **oil**
- ½ cup **onion**, chopped
- ½ cup **carrots**, chopped
- 2 tablespoons **chili powder**
- 1 teaspoon **garlic powder**
- 1 (28 ounce) can **diced tomatoes**
- 1 (15 ounce) can **black beans**, drained and rinsed
- 1 (15 ounce) can **corn**, drained and rinsed
- 2 cups **water**
- ¼ teaspoon **salt**

Directions:

1. Heat oil in a large pot over medium-high heat.
2. Add onion and carrot. Cook for 5 minutes, stirring often.
3. Add chili and garlic powder. Stir to mix.
4. Add tomatoes, beans, corn, water and salt. Stir to mix.
5. Bring chili to a boil, then reduce heat to medium-low. Simmer for 15 minutes.

Makes 4 servings

Try serving with ½ cup cooked brown rice, roasted sweet potatoes or as a topping for a baked potato.

Nutrition Facts

6 servings per container	
Serving size	1 cup
Amount per serving	
Calories	180
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 430mg	19%
Total Carbohydrate 32g	12%
Dietary Fiber 9g	32%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 77mg	6%
Iron 3mg	15%
Potassium 517mg	10%

*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.

