

Meatless Chili

Enjoy one meatless meal each week to help improve your health. Meatless meals often have more vegetables and are lower in fat.



Try Meatless Chili with $\frac{1}{2}$ cup cooked brown rice or a baked potato.

More recipes are available at pittsburghfoodbank.org/recipecards

Greater Pittsburgh
**community
food bank** 
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Drain and rinse beans and corn to reduce salt.



Try using different beans. Beans are a good source of protein and fiber.



Cook onions and carrots. Stir them a few times so they do not burn.

Meatless Chili

Preparation time: 5 minutes | Cook time: 25 minutes | Cost: \$4.00

Ingredients:

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

Directions:

1. Heat oil in a large pot over medium heat.
2. Add onion. Cook for 4 minutes.
3. Add carrots. Cook for 5 minutes, stirring a few times so they do not burn.
4. Add chili powder. Stir to coat onions and carrots. Cook for 1 minute.
5. Add beans, corn, tomatoes, water and salt. Stir to mix chili.
6. Bring chili to a boil. Reduce heat to low. Simmer for 15-20 minutes.

Makes 6 servings

Nutrition Facts

6 servings per container
Serving size 1 cup

Amount per serving
Calories 250

% Daily Value*

Total Fat 3g 4%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 500mg 22%

Total Carbohydrate 44g 16%

Dietary Fiber 14g 50%

Total Sugars 11g

Includes 0g Added Sugars 0%

Protein 12g

Vitamin D 0mcg 0%

Calcium 93mg 8%

Iron 4mg 20%

Potassium 614mg 15%

*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.

