



Quick and Easy Chili



Chef Laurent

Ingredients



1 tbsp. vegetable oil	juice
1 onion, chopped	2 (15-ounce) cans red kidney beans
1 carrot, chopped	1 c whole kernel corn
1 tbsp. jalapeno pepper, minced, or 1/4 cup green bell pepper, chopped	1/4 c rice (optional).
2 cloves garlic, minced, or 1/4 tsp. garlic powder	
1/2 tsp. cumin	Yield: 6 cups
2 (14-ounces) cans tomatoes with	Serving Size: 1 cup



Directions



1. Heat oil in large pan over medium heat.
2. Add onions, carrots, jalapenos, garlic, chili powder, and cumin. Cook until onions are soft.
3. Add tomatoes, beans, corn, and rice (if using). Cook on high heat until the chili bubbles.
4. Turn heat to low and simmer for about 15 minutes, until rice is cooked.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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Fast Facts



Featured Food Groups



Cooking Tips



- Can be served with cornbread
- Great with corn chips
- Add a dollop of sour cream or sprinkle on some cheese to get your dairy food group.

Nutrition Facts



Nutrition Facts	
6 servings per container	
Serving size	1 cup
Amount Per Serving	
Calories	250
<small>% Daily Value*</small>	
Total Fat 4.5g	6%
Saturated Fat 0.7g	4%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 540mg	23%
Total Carbohydrate 42g	15%
Dietary Fiber 11g	39%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 13g	26%
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 3.06mg	15%
Potassium 752mg	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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