

Quick and Easy Chili



Chef Laurent

Ingredients



1 tbsp. vegetable oil

1 onion, chopped

1 carrot, chopped

1 tbsp. jalapeno pepper, minced, or 1/4 cup green bell pepper, chopped

2 cloves garlic, minced, or 1/4 tsp.

garlic powder

1/2 tsp. cumin 2 (14-ounces) cans tomatoes with

juice

2 (15-ounce) cans red kidney beans

1 c whole kernel corn

1/4 c rice (optional).

Yield: 6 cups Serving Size: 1 cup



Directions 1



- 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.

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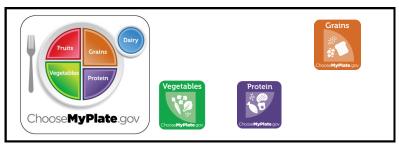
Fast Facts

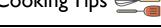




Featured Food Groups







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

Nutrition Facts



Nutrition Fa	cts
6 servings per container	
Serving size	1 cup
Amount Per Serving	
Calories	250
%	Daily Value
Total Fat 4.5g	6%
Saturated Fat 0.7g	4%
Trans 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 ne serving of food contributes to a daily diet. 2,000 day is used for general nutrition advice.	

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