



Yes-You-Can Black Bean Chili

It gets no easier-and everyone loves this dish! Feed a crowd by doubling or tripling the recipe. And it's always good the next day.

Makes 4 servings

Ingredients:

2 15-ounce can low-sodium black beans drained, liquid reserved 1 16-ounce jar or container low-sodium salsa

8 ounces frozen corn

Freshly squeezed lime juice (optional)

Fresh cilantro (optional)

Hot sauce (optional)

Directions:

Mix beans, corn, and salsa in a 5-quart pot. Add the reserved liquid to reach desired consistency. The more liquid, the "soupier" the chili will become. Cook over medium heat for 20 minutes. Add optional toppings just before serving.

Variation:

To reduce the sodium, dried black beans that have been soaked and cooked may be used in place of canned beans. To equal a 25-ounce can, use 2 1/2 cups of cooked beans and cover with cooking liquid to equal a total of 3 cups.

Nutrition Information, Per Serving:

Calories: 243,

Fat: 1.3 g

Calories from Fat: 4.8%

Protein: 13.1 g

Carbohydrates: 49 g

Sugar: 5.6 g



Fiber: 15.8 g

Sodium: 681 mg