



### LAST RESORT 3-CAN CHILI

**Yield: 6 servings    Serving Size: 1/6th of recipe**

INGREDIENTS	DIRECTIONS
1 can beans, low-sodium undrained*	Place the contents of all 3 cans into a pan. Add chili powder to taste. Stir to mix. Continue to stir over medium heat until heated thoroughly.
1 can corn, drained**	
1 can crushed tomatoes, undrained (15 ounces)	
Chili powder (to taste)	
<b>Ingredient Variations:</b> *Bean variations: 15.5 pinto, kidney, red, or black (15.5 ounces) **Corn Variations: 15 ounces, or 10-ounce package of frozen corn	

#### Nutrition Summary

Calories	129	Sodium	418 mg
Fat	1 g	Carbohydrates	27 g
Saturated Fat	0 g	Fiber	6 g
Cholesterol	0 mg	Protein	6 g