

# #QUARANTINE KITCHEN

Budget-Friendly Recipes  
Using Canned & Dry Foods

## 3-Can Chili *(Makes 4 servings.)*

### Ingredients

- 1 can (15-oz.) pinto, kidney, red or black beans
- 1 can (15-oz.) whole kernel corn, OR 1½ cups frozen corn
- 1 can (15-oz.) crushed tomatoes
- Chili powder to taste
- Hot sauce (optional)

### Directions:

1. Pour the beans with liquid, drained corn, and tomatoes with liquid into a large pot over medium heat. Add a small amount of chili powder, and stir to mix.
  2. Continue to stir over medium heat until it reaches a simmer and is thoroughly heated.
  4. Taste to determine if you want to add more chili powder.
  5. Serve hot (with hot sauce if desired).
- OPTIONS: Try adding garlic powder; chopped, cooked meat; chopped onion; or chopped green or red bell pepper in step #3.

Nutrition info: Serving size: 1.5 cups, Calories: 190, Total Fat: 1.5 g, Saturated Fat: 0 g, Cholesterol: 0 mg, Sodium: 500 mg, Total Carbohydrate: 38 g, Dietary Fiber: 8 g, Sugars: 8 g, Protein: 9 g.

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