Three Amigo Chili

Prep Time: 15 minutes
Cook Time: 10 minutes
Cost per serving: $0.22

What you need:

Utensils:

- Strainer
- Medium Skillet
- Measuring Cups & Spoons
- Mixing Spoons

Ingredients:

- 1 (15 oz) can beans (pinto, kid-ney, red, or black) un-drained
- 1 (15 oz) can corn, drained or 10 oz package frozen corn
- 2 (15 oz) can crushed tomatoes, un-drained
- Chili powder to taste
- Ground cumin to taste
- Garlic powder to taste

What to do:

1. Wash your hands and clean your cooking area.
2. Clean the tops of canned food items before opening them.
3. Pour the beans, corn, and tomatoes into a skillet.
4. Add chili powder, cumin, and garlic powder to taste.
5. Stir over medium heat until heated thoroughly.
6. Serve immediately.

BETTER LIVING FOR TEXANS

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Nutrition Facts

Serving Size 1 cup (213g)
Servings Per Container 6

Amount Per Serving	
Calories 130	Calories from Fat 10
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 510mg	21%
Total Carbohydrate 23g	8%
Dietary Fiber 5g	20%
Sugars 3g	
Protein 6g	
Vitamin A 10% •	Vitamin C 15%
Calcium 4% •	Iron 10%