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Corny Chili

Ingredients:

- 2 (15-ounce) cans kidney or black beans
- 1 medium onion
- 1 Tablespoon vegetable oil
- 2 teaspoons chili powder
- 1 (15-ounce) can diced tomatoes
- 2 Tablespoons tomato paste
- 1 (10-ounce) package frozen corn kernels
- 1 (8-ounce) package lowfat cheddar cheese
- hot sauce (optional)

Makes 8 servings - 18% calories from fat

Instructions:

1. Place beans in a colander and rinse with water.
2. Peel onion and chop into small pieces.
3. Add onion and oil to saucepan. Cook over low heat for about 5 minutes, stirring occasionally.
4. Stir in chili powder and garlic powder. Cook for 1 minute.
5. Add beans, tomatoes, tomato paste, and corn. Simmer uncovered on medium low heat for about 15 minutes.
6. Grate cheese.
7. Sprinkle cheese over individual servings and add hot sauce to taste.

Source: Sisters in Health: A Nutrition Program for Women. Division of Nutritional Sciences, Cornell University and Cornell Cooperative Extension, 1999.

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Nutrition Facts	
Serving Size 1 cup	
Servings Per Container 8	
Amount Per Serving	
Calories 200	Calories from Fat 35
<small>% Daily Value*</small>	
Total Fat 4g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 420mg	18%
Total Carbohydrate 28g	9%
Dietary Fiber 6g	24%
Sugars 4g	
Protein 15g	
Vitamin A 10%	• Vitamin C 25%
Calcium 15%	• Iron 10%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories: 2,000 2,500</small>
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	

