

3-Bean Vegetarian Chili

Easy & Delicious

Ingredients:

- 1 can each (low-sodium)
 - Kidney beans
 - Black beans
 - Pinto beans
- 1 can of tomato sauce
- 1 can of tomatoes with diced green chilis
- One packet of low-sodium chili seasoning



Instructions:

1. In a saucepan (or microwave-safe bowl), combine all ingredients and seasonings.
2. Heat until hot, then serve with desired toppings or sides.

Tips:

- Add corn or other vegetables like spinach to boost the nutritional value of this meal even more!
- Choose low-sodium options when available.

Nutrition Facts

4 servings per container

Serving size 1 serving (91g)

Amount per serving

Calories **393**

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **2%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 922mg **40%**

Total Carbohydrate 73g **27%**

Dietary Fiber 25g **88%**

Total Sugars 7g

Includes 0g Added Sugars **0%**

Protein 25g

Vitamin D 0mcg **0%**

Calcium 121mg **9%**

Iron 8mg **46%**

Potassium 1569mg **33%**

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Tomato sauce, Canned tomatoes, Kidney beans, Black beans, Pinto beans, Chili seasoning, Each

Recipe analyzed by  Recipe Card Blocks PRO



Nutrition and Healthy Eating

Fast Facts:

- Beans are an excellent source of protein and fiber.
- Most people in the US do not eat enough fiber, with only 7% meeting nutritional recommendations.
- Optimum fiber intake typically requires a good mix of fruits, vegetables, and whole grains.
- Tomatoes are a good source of vitamin C, potassium, and lycopene.
- You can add lentils to this recipe for added protein, fiber, iron, potassium, and folate!

*The nutrition facts provided for this recipe are only estimates. Differing products, brands, seasonings, and/or preparation techniques will alter the nutrition facts.

Gamecock
MARKET
JACKSONVILLE STATE UNIVERSITY™