



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Bountiful Backpack

Two Bean Chili



Serves: 7

Serving Size: 1 ½ cups

Ingredients:

- 2 cans (14.5 ounces) diced tomatoes
- 1 can (15 ounces) kidney beans, drained and rinsed
- 1 can (15 ounces) black beans, drained and rinsed
- 2 cups water
- 1 can (15 ounces) corn, drained and rinsed
- 2 to 3 Tablespoons dried onion
- 3 to 4 teaspoons chili powder
- 7 Tablespoons shredded cheese (optional)

Variations: Add 1 pound cooked and drained ground turkey or beef. Top with low-fat shredded cheese. You may also use dried beans with the directions on the back of this recipe card.

Directions:

1. Wash hands.
2. If using dried kidney beans, prepare according to “Overnight Soak Method” on the back of this recipe card. Otherwise, prepare using canned beans.
3. Add all ingredients to a large pot. Heat to boiling over high heat.
4. Reduce heat and simmer, about 20 minutes or until hot, stirring occasionally.
5. If desired, top each serving with a Tablespoon of shredded cheese.

Nutrition Facts

7 servings per recipe

Serving size 1 ½ cups (303g)

Amount Per Serving

Calories **150**

	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 480mg	21%
Total Carbohydrate 28g	10%
Dietary Fiber 10g	36%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 9g	18%
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 1.44mg	8%
Potassium 0mg	0%
Vitamin A	20%
Vitamin C	30%

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

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Overnight Soak Method

Note: Make sure you use a large pot, since beans expand to double or triple their size when soaked and cooked.

1 cup dry beans makes about 3 cups cooked beans.

1. Place beans in a large pot and cover with water at least 3 inches above the beans.
2. Soak overnight. Drain the soaked beans; rinse with clean water and drain again.
3. Put beans in pot (or keep in same one), add clean water (about 3 cups if you started with 1 cup of dry beans), bring to a boil, turn down to low, and cook slowly until tender – about 2 hours.
4. You may need to add more water during cooking. The beans are now ready to use in recipes that call for cooked or canned beans.

Note: For recipes with a long cooking time, like soups or baked beans, you can use the drained beans once they have soaked overnight, then follow directions in the recipe.

Adapted from University of Connecticut Cooperative Extension and U.S. Dry Bean Council, eatusabeans.com.