



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Bountiful Backpack

Two Bean Chili



Serves: 7

Serving Size: 1 ⅓ 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 ⅓ 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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