QUICK CHILI

COOK TIME: 25 min | PREP TIME: 5 min | SERVINGS: 3-4

INGREDIENTS

- 1 lb ground meat
- 2 cans of diced tomatoes
- 2 cans of beans
- 1 can of corn
- ½ cup of shredded cheese

NUTRITION NOTES

This chili combines protein from meat and beans with fiber rich vegetables like beans, corn and tomatoes. Protein supports muscle health and fullness while fiber plays an important role in digestion, satisfaction and heart health. This combination can support steady energy levels and makes for a nutritious and easy prep meal option.

PREPARATION

1. Open all cans and drain the beans and corn (save tomato juice).
2. Cook meat in a medium sized pot until cooked through and browned.
3. Pour canned goods into the pot, tomatoes (with liquid), beans and corn.
4. Stir and heat on medium for 10 mins.
5. Season with spices available (pepper, chili powder, garlic powder, etc).
6. Serve in bowls topped with shredded cheese.



No stove? Cook meat in microwave (in small portions) all the way through, combine with veggies in a microwave-safe bowl and heat for an additional 2–3 min.

Store leftovers in an airtight container - freeze or keep in fridge up to 3-4 days.

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