Yes-You-Can Black Bean Chili

This meal comes together fast! Be sure to choose your favorite salsa for this recipe for a punch of flavor! Serve with a garden salad or a baked potato!

About the Recipe

243 Calories · 13.1 g Protein · 15.8 g Fiber
Dinner
Gluten-free · Nut-free

Black beans are high in fiber, which helps you feel full with fewer calories while improving your glucose metabolism, cholesterol levels, and digestion.

Ingredients

Makes 4 Servings

- 1 25-oz can (600 g) low-sodium black beans, drained, liquid reserved
- 1 16-oz (518 g) jar or container low-sodium salsa
- 8 oz (166 g) frozen corn **optional*
- optional freshly squeezed lime juice **optional*
- optional fresh cilantro **optional*
- optional hot sauce **optional*

Directions

1. Mix beans, corn, and salsa in a 5-quart pot. Add the reserved liquid to reach desired consistency. The more liquid, the “soupier” the chili will become.
2. Cook over medium heat for 10 minutes or until hot. Add optional toppings such as fresh lime juice, chopped cilantro, and/or hot sauce just before serving.

Nutrition Facts

Per serving

Calories: 243
Protein: 13.1 g
Carbohydrate: 49 g
Sugar: 5.6 g
Total Fat: 1.3 g
    Calories from Fat: 4.8%
Fiber: 15.8 g
Sodium: 244 mg