

# 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***

- low-sodium black beans, drained, liquid reserved (1 25-ounce can)
- low-sodium salsa (1 16-ounce jar or container)
- frozen corn (8 ounces)
- freshly squeezed lime juice (optional)
- fresh cilantro (optional)
- hot sauce (optional)

## Directions

1. If using canned beans, drain them and reserve some of the liquid. If making beans from dry, reserve some cooking liquid. Mix drained beans, fresh or frozen 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