

Yes-You-Can Black Bean Chili

Serve with a garden salad!

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. 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 20 minutes. Add optional toppings 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