



4-INGREDIENT BLACK BEAN CHILI

This 4-Ingredient Black Bean Chili is full of great flavor, and takes just 20 minutes of cook time!

PREP: 2 MINS

COOK: 20 MINS

TOTAL: 22 MINS

INGREDIENTS

1. 1 Can Diced Tomatoes
2. 1 Can Black Beans, drained
3. 1 Can Whole Kernel Corn
4. 1 Taco Seasoning Spice Pouch

Nutritional Findings: Black Bean Chili proved to be an excellent source of vitamin C, vitamin A, protein, iron, fiber, manganese, phosphorus and calcium.

DIRECTIONS:

1. Rinse and drain the can black beans. Set Aside.
2. Add the cans of diced tomatoes and corn to medium pot with their juices.
3. Add the drained black beans to the pot.
4. Add the package of taco seasoning or 2 tbsps. Chili Powder.
5. Place soup pot over medium-high heat and cook chili to just boiling (about 10 minutes).
6. Reduce heat to a medium low and simmer for an additional 10 minutes.
7. Ladle chili into bowls and enjoy!