



45 min



Serves 4



FRESH

CHILI RICE AND BEANS

Ingredients:

- 1 cup cooked rice
- 3/4 cup kidney beans
drained & rinsed
- 1/2 cup canned or frozen
corn
- 3/4 canned diced
tomatoes
- 1/2 cup diced bell pepper
- 2 tbsp white onion finely
chopped
- 1/4-1/2 tsp chili powder

Directions:

1. In a microwavable container combine rice, beans, corn, tomato, green pepper, onion and chili powder
2. Microwave on high, loosely covered, for approximately 2-3 minutes or until hot. Stir before serving.

Source: www.dietitians.ca

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NUTRITION INFO

Per: 1 serving of chili
(4 servings per recipe)

Energy.....	350 kcal
Fat.....	1.5g
Carbohydrates.....	73g
Protein.....	12g



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