HEALTH meets FOOD

One Pot Bean Chili with Frozen Vegetables
Try with ground turkey or chicken, or add additional vegetables. Serve with tortilla strips or topped with yogurt.

<table>
<thead>
<tr>
<th>U.S.</th>
<th>Metric</th>
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<tbody>
<tr>
<td>2 (15 oz) cans Reduced Sodium Beans (pinto, black, kidney, red, etc.) not drained</td>
<td>848 g</td>
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<tr>
<td>1 (15 oz) can Tomatoes, canned, chopped</td>
<td>424 g</td>
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<tr>
<td>1 cup Vegetable or Chicken Stock (look for low sodium, or make your own at home)</td>
<td>237 mL</td>
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<tr>
<td>2 Tbsp Chili Powder</td>
<td>18 g</td>
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<tr>
<td>2 Tbsp Cumin, ground</td>
<td>18 g</td>
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<tr>
<td>2 tsp Oregano, dried</td>
<td>2 g</td>
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<tr>
<td>1/2 tsp Kosher Salt</td>
<td>2.5 g</td>
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<tr>
<td>1/2 each Onion, diced</td>
<td>55 g</td>
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<tr>
<td>4 cups Mixed Frozen Vegetables</td>
<td>452 g</td>
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Preparation:
1. Gather all ingredients and equipment.
2. Combine all ingredients in a medium sized saucepan over medium heat. Bring to a simmer.
3. Stir often, keeping on a simmer, for about 30 minutes to allow the flavors to develop and the chili to thicken.
4. To serve, top each serving with 1 Tbsp of cheese and plain yogurt (optional)

Nutrition Facts
Serving size 1.25 cups
Servings 8

Calories 150
Calories from Fat 5
Total Fat 0.5 g
Saturated Fat 0 g
Trans Fat 0 g
Monounsaturated Fat 0 g
Cholesterol 0 mg
Sodium 380 mg
Carbohydrates 28 g
Dietary Fiber 8 g
Sugars 6 g
Protein 8 g

Vitamin A 2 %
Calcium 8 %
Vitamin C 2 %
Iron 4 %
Phosphorus 19 mg