

Bean and Vegetable Chili

Makes 6 one cup servings

2 teaspoons vegetable oil
1 onion, chopped
1 green pepper, chopped
1 can (28 ounces) chopped tomatoes
1 can (15 ounces) kidney beans
1 can (15 ounces) garbanzo beans
1 can (15 ounces) corn
2 teaspoons ground cumin
Chili powder to taste

1. Open all the cans. Drain the liquid from the beans and corn. Save this liquid in case you want to thin the chili later, do not drain the tomatoes.
2. Heat oil in a pot over medium heat. Add chopped onions and green pepper. Sauté until the onion is soft. About 5 minutes. Add the rest of the ingredients (beans, corn and spices) stir well and allow to simmer for about 10 minutes.
3. Taste to see if you need to add more chili pepper.

Each 1 cup serving contains 154 calories 2 grams fat