

Super Chili

with Brown Rice

- 1 tablespoon chili powder
 - 1 (28 ounce) can whole peeled tomatoes with liquid, chopped
 - 2-3 cans of beans your choice: kidney, pinto, black, garbanzo
 - 1 (11 ounce) can whole kernel corn, undrained
 - 1 tablespoon ground cumin
 - 1 ½ teaspoons dried oregano
 - 1 ½ teaspoons dried basil
- Optional: green chiles, fresh vegetables (ie. carrots, onions, celery, green or red bell pepper)

Instructions

Heat tomatoes, kidney beans, black beans, corn and chili powder in a large pot. Season with cumin, oregano, and basil. Add water if chili seems too thick.

Bring to a boil, and reduce heat to medium. Cover, and simmer for 20 minutes, stirring occasionally.

Nutritional Information (per serving, 1 cup): Calories 210, Fat 0g, Sodium 180g; Carb. 40g; Fiber 10g; Protein 12g.



Easy Brown Rice

- 1 ½ cups water
- 1 cup uncooked brown rice

Put brown rice and water together in a pot with a lid.

Set the heat to maximum, and bring the rice/water to a boil uncovered. Then put the lid on the pot, and reduce heat to low/simmer. If your lid has a steam valve, keep it closed. Let the rice simmer for 20 minutes.

Turn off the heat, and let the rice sit in the covered pot for another 10-15 minutes.

Nutritional Information (per serving, ½ cup): Calories 114, Fat 1g, Carb. 24g, Fiber 1g, Protein 2g.



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