

White Bean Chili

Ingredients:

- 1 small onion, chopped
- 2 teaspoons oil
- 10 ounce can diced tomatoes with green chilies
- 3 tablespoons tomato paste
- 14 ounce can Great Northern (white) beans, drained and rinsed
- 1/2 cup corn, frozen
- 2 teaspoons chili powder (or to taste)
- 2 tablespoons scallions, chopped



Preparation:

1. Using a 5-quart pan, saute onion in oil over medium heat, stirring until onion is soft (about 3-5 minutes).
2. Stir in tomatoes with green chilies, tomato paste, beans, corn and chili powder.
3. Heat to boiling. Reduce heat to low and simmer uncovered for 10 minutes. Serve topped with scallions.

Makes approximately two 1 1/2 cup servings

Amount Per Serving	
Calories	311
Calories from Fat	50
% Daily Values*	
Total Fat	6g 9%
Saturated Fat	1g 4%
Cholesterol	0mg 0%
Sodium	630mg 26%
Total Carbohydrate	55g 18%
Dietary Fiber	12g 48%
Sugars	11g
Protein	15g
Vitamin A	40%
Vitamin C	45%
Calcium	15%
Iron	35%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

CAUTION: For sodium restricted diets use no salt-added diced tomatoes and tomato paste.