

Four Bean Chili

Ingredients:

2 tablespoons olive oil
1 15-ounce can refried beans
1 14-ounce can diced tomatoes, undrained
1 6-ounce can tomato paste
3 cups vegetable or beef broth
1 tablespoon onion powder
½ teaspoon garlic powder
2 tablespoons chili powder
½ teaspoon ground cumin
¼ teaspoon pepper
Creole seasoning, if desired
1 15-ounce can black beans, drained and rinsed
1 15-ounce chili (pinto) beans, drained and rinsed
1 15-ounce can kidney beans, drained and rinsed

Instructions:

1. Drain and rinse each can of black beans, chili (pinto) beans and kidney beans.
2. Heat olive oil in a large stock pot over medium heat.
3. Add refried beans, diced tomatoes, tomato paste, 1 cup of broth, onion powder, and garlic powder.
4. Continue to stir until the refried beans and tomato paste dissolve.
5. Stir in the remaining broth, chili powder, cumin, pepper and creole seasoning, if desired.

6. Add in black beans, chili (pinto) beans and kidney beans, and bring the pot to a simmer.
7. Simmer the chili for 15-20 minutes, stirring frequently, until the chili is thick and well blended.

Source: LSU AgCenter

Serves: 8

Prep Time: 5 minutes

Cook Time: 15-20 minutes

Nutrition Facts

8 servings per container

Serving size 1 1/2 cups

Amount per serving

Calories **280**

% Daily Value*

Total Fat 6g **8%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 1050mg **46%**

Total Carbohydrate 45g **16%**

Dietary Fiber 14g **50%**

Total Sugars 6g

Includes 0g Added Sugars **0%**

Protein 15g

Vitamin D 0mcg **0%**

Calcium 112mg **8%**

Iron 4mg **20%**

Potassium 1017mg **20%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Check out our social medias for the newest content!



@BuildAHealthyMeal



@BuildAHealthyMeal



@LSUAgSNAPEd
@EFNEPinEBR

Find the video for this recipe and more at LSUAgCenter.com/BuildAHealthyMeal. The Build a Healthy Video Series and recipe cards are made possible through an LSU AgCenter partnership with Louisiana Healthcare Connections. Learn more about Healthy Louisiana Medicaid and Louisiana Healthcare Connections at www.ChooseLouisianaHealth.com



Visit our website: www.LSUAgCenter.com

The LSU AgCenter and LSU provide equal opportunities in programs and employment