

# 8 Can Chili



## Ingredients

2 cans low sodium black beans, 15 oz  
2 cans chili beans, 15 oz  
2 cans diced tomatoes, 15 oz  
1 can whole kernel corn, 15 oz  
1 can diced green chilis, 4.5 oz

---

## Instructions

Open cans and empty in crock pot. Do Not Drain. Cook on low for 4-6 hours.  
Or, simmer in stock pot for 30-45 minutes, stirring occasionally.

## Nutrition Information Per Serving

Serves 12 - 1 cup servings  
Calories: 180  
Fat: 1 gm  
Saturated Fat: 0 gm  
Sugars: 4 gm  
Fiber: 10 gm  
Carbohydrates: 32 gm  
Protein: 9 gm