

Yes-You-Can Black Bean Chilli



Ingredients

1 25 oz can low-sodium black beans, drained, liquid reserved
4 Sweet potatoes, baked (optional)
1 16 oz jar low-sodium salsa
8 oz frozen corn
Freshly squeezed lime juice (optional)
Fresh cilantro (optional)
Hot sauce (optional)

Instructions

Mix bean, corn, and salsa in 5-quart pot. Add the reserved liquid to reach desired consistency. The more liquid, the "soupier" the chili will become. Cook over medium heat for 20 minutes. Add optional toppings just before serving. Serve in a bowl under a baked sweet potato if desired for a more complete meal.

Nutrition Information Per Serving

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|---------------|----------------------|
| Serves 4 | Fiber: 15.8 gm |
| Calories: 243 | Carbohydrates: 49 gm |
| Fat: 1.3 gm | Protein: 13.1 gm |
| Sugar: 5.6 | |