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Quick Bean Chili

Ingredients:

- 1 medium onion, chopped
- 2 cloves garlic, minced or pressed
- 1 can (about 15 ounces), low-sodium kidney beans, rinsed and drained
- 1 can (about 15 ounces) diced tomatoes, no-salt added
- 1 tablespoon chili powder
- Salt, to taste
- 1 avocado, chopped
- 1/2 cup cilantro, chopped

Directions:

1. Place the onion, garlic, beans, tomatoes, and chili powder in a pot, cover, and let simmer on medium heat for about 20 minutes.
2. Add salt to taste.
3. Top with avocado and cilantro and serve.

Makes: 2-3 servings

Adapted from www.aplaceformom.com/blog/2013-3-15-easy-recipes-for-senior-nutrition

