

## Hal & Joanne's Quick Chili Recipe



Canadian  
Frailty  
Network

Réseau canadien  
des soins aux  
personnes fragilisées



Prep & Cook Time: 30 minutes

### Ingredients:

- 1 medium onion, chopped
- 15mL (1 tbsp) minced garlic or 2 cloves garlic, minced or pressed
- 540mL (19oz) can Black Beans, drained
- 540mL (19oz) can Diced Tomatoes
- 15mL (1 tbsp) chili powder

Optional Garnish – Sour Cream & Cilantro

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### Directions:

1. Add chopped onions and garlic into a large cooking pot and let sit at least 5 minutes to enhance their health promoting properties.
2. Add black beans, diced tomatoes and chili powder to pot, stir, cover and let SIMMER for about 20 minutes.

Serves 2

### Nutritional Facts per Serving

Calories	302
Total Fat	3g
Saturated Fat	0.2g
Cholesterol	0mg
Dietary Fibre	17.3g
Protein	15.9g
Sodium	1054mg
Potassium	1348mg
Calcium	231mg
Iron	9mg

\*\* You can be creative with this chili recipe and add meat and/or more veggies if you choose. Personalize it with extra nutrients from corn, cubed sweet potatoes or cauliflower. Or you might like to add extra lean beef or ground turkey to boost the protein content.