

Recipes Using Foods in Your Pantry



Make the most of your pantry foods with easy, tasty recipes families love using common ingredients.



Black Bean and Corn Chili

Serves 6

Ingredients:

- 2 cans (16 ounces) black beans, drained and rinsed
- 1 jar (16 ounces) salsa or picante sauce
- 1 can (8 ounces) tomato sauce
- 1 cup corn
- 1/2 tsp. ground cumin
- 1/2 tsp. chili powder
- 4 ounces low-fat cheddar cheese, shredded

Instructions:

1. In a skillet, combine beans, salsa, tomato sauce, corn, cumin, and chili powder.
2. Bring to a boil and reduce heat. Simmer for 5-10 minutes.
3. Serve chili in bowls and top with cheese.
4. Refrigerate leftovers for 3-4 days or freeze for 4-6 months.

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