FRESH CHILI RICE AND BEANS

**Ingredients:**
1 cup cooked rice
3/4 cup kidney beans drained & rinsed
1/2 cup canned or frozen corn
3/4 cup canned diced tomatoes
1/2 cup diced bell pepper
2 tbsp white onion finely chopped
1/4-1/2 tsp chili powder

**Directions:**
1. In a microwavable container combine rice, beans, corn, tomato, green pepper, onion and chili powder
2. Microwave on high, loosely covered, for approximately 2-3 minutes or until hot. Stir before serving.

Source: www.dietitians.ca
NUTRITION INFO

Per: 1 serving of chili
(4 servings per recipe)

Energy.........................350 kcal
Fat.....................................1.5g
Carbohydrates....................73g
Protein................................12g

CONTACT US

Website: freshu.ca
Facebook: /freshatwestern
Instagram: @freshwestern
Youtube: @freshwestern
Email: fresh@uwo.ca