3 Bean Chili
Cheap, Fast and Healthy, April 30th

Ingredients:
- 1 tablespoon olive oil
- 1 pound of lean meat (chicken breast, lean ground beef, round steak, or ground turkey)
- 1-14.5 oz can of tomatoes (stewed, diced, crushed, etc.) any flavor (plain, with onions, Mexican style, with jalapeño’s, etc.)
- 1-10.5 oz can chick peas (garbanzo beans), drained
- 1-10.5 oz can black beans, drained
- 1-10.5 oz can kidney beans, drained
- 1-10.5 oz can low-sodium chicken broth
- ¼ teaspoon cumin
- ¼ teaspoon cayenne
- ¼ teaspoon cinnamon

Directions:
1. In large pot, heat oil on medium/high heat. Add lean meat and brown until thoroughly cooked (about 5-7 minutes). Stir in remaining ingredients and bring to a boil. Reduce heat and simmer for 20 minutes.

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