Three-Can Chili

1 15-ounce can beans (pinto, kidney or red) or 2 cups cooked beans
1 15-ounce can corn
1 15-ounce can tomatoes, chopped
Chili powder to taste

Optional:
1 pound ground beef, cooked, fat drained
1/2 cup chopped, cooked onion
1/4 cup cooked, chopped green pepper

Pour beans, corn and tomatoes (do not drain) into large saucepan. If desired, add ground beef, onion and/or green pepper. Sprinkle with chili powder. Heat thoroughly. Makes 4 servings.

Selection and Storage

Peppers
(chili, sweet, bell, hot, banana)
Select firm, smooth peppers that have a shiny color. Avoid peppers with soft spots or bruised skin.
Refrigerate and use within 3–5 days.

Tomatoes
Pick firm, smooth tomatoes with bright color. Tomatoes will continue to ripen if left at room temperature.
Refrigerate ripe tomatoes and use within 5–7 days.