

# 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.