

5 A Day Recipes

Soups and Stews

Cagey Midwest Corn & Black Bean Chili

Serves 6-8

- 1 teaspoon vegetable oil
- 1 yellow onion, sliced
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 1-2 tablespoons chopped, canned jalapeno peppers
- 3 tablespoons minced garlic
- 1 pound frozen corn
- 1 15 ounce can black beans, rinsed and drained
- 1 28 ounce can peeled, diced tomatoes
- 2 packets chili seasoning
- 3 cups fatter, low sodium beef broth
- Salt to taste
- Hot sauce to taste
- Optional: pepper to taste, 1 cup non-fat sour cream, ½ cup non-fat cheddar cheese, diced scallions, minced cilantro for garnish

Sauté onion in vegetable oil for 8 minutes on medium-high heat. Add pepper, jalapeno, and garlic and sauté for 4-5 minutes more, taking care not to burn garlic. Add remaining ingredients and stir well. Bring pot to a boil, then reduce heat and simmer for at least 30 minutes. Add salt, pepper, and hot sauce to taste, and garnish with sour cream, cheese, scallions, and/or cilantro.

This is an official 5 a Day recipe, and provides 8 people with two servings of vegetables each.