

BLACK BEAN AND CORN CHILI

½ cup onion, chopped
1 clove garlic, minced
1 (16 oz.) can black beans, drained
1 (16 oz.) can tomatoes, diced

1 cup corn, frozen or can
1 tsp. sugar
1 tsp. chili powder
½ cup green pepper, chopped



1. Spray a pan or large skillet with non-stick cooking spray. Sauté at medium heat onion and garlic until onion is clear.
2. Add beans, tomatoes, corn, sugar and chili powder. Mix and heat until boiling. Reduce heat. Add green pepper and simmer until green pepper is tender.
3. Serve over rice. Makes 4 servings.