



3 Bean Chili

Servings: 6

Ingredients:

- 2 tablespoons chili powder
- 2 cans (14.5 to 16-ounces each) stewed tomatoes
- 1 can (14.5-ounce) black beans, drained and rinsed
- 1 can (14.5-ounce) kidney beans, drained and rinsed
- 1 can (14.5-ounce) pinto beans, drained and rinsed
- 1 cup ketchup, low sodium
- ½ cup water

Directions:

1. Combine all ingredients in a large skillet over medium heat.
2. Simmer, uncovered, until thickened, about 10 minutes.
3. Enjoy! Refrigerate leftovers immediately.

Adapted from Canned Food Alliance, www.mealtime.org

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food stamp office
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dss.mo.gov/fsd/fstamp/

COOKING TERMS

BOIL: to heat a liquid until bubbles break continually on the surface

SIMMER: to cook slowly in liquid over low heat at a temperature of about 180°F; the surface of the liquid should be barely moving, broken from time to time by slowly rising bubbles



Additional cooking tips

- 4 ounces of shredded cheese is approximately 1 cup.
- Draining and rinsing canned beans can reduce the sodium content by as much as 41%.
- Can use prepared bouillon cubes instead of canned chicken broth.

Quick Quesadilla Pockets

Servings: 6

Ingredients:

- Non-stick cooking spray
- 1 can (15.5-ounce) pinto beans, drained and rinsed
- 1 can (15-ounce) corn, drained
- $\frac{3}{4}$ cup salsa
- 1 $\frac{1}{2}$ cups shredded, reduced-fat cheddar or Mexican blend cheese
- 6 whole wheat 8-inch tortillas

Directions:

1. Preheat the oven to 400°F. Lightly coat a large baking sheet with cooking spray and set aside.
2. Mix beans, corn and salsa in a pot over medium-heat until heated through, stirring occasionally. Reduce heat to low. Add cheese and stir until cheese melts, about 1 minute.
3. Spoon 2-3 tablespoons of the bean and cheese mixture evenly over half of each tortilla. Fold over and press down gently. Place each on the baking sheet.
4. Bake until cheese melts and tortillas become crisp at the edges, approximately 8 minutes. Cut into quarters and serve.
5. Enjoy! Refrigerate leftovers immediately.

Adapted from the Canned Food Alliance, www.mealtime.org

- If substituting fresh herbs for dried herbs use $\frac{1}{3}$ of what the recipe asks because dry herbs are more potent. Conversely, if a recipe calls for dried and you would like to use fresh, triple the amount called for in the recipe.

Succotash

Servings: 8

Ingredients:

- 1 can (15.25-ounce) diced tomatoes
- 2 cans (15.25-ounce) lima beans, drained
- 1 can (15.25-ounce) corn, drained
- 1 tablespoon butter or margarine

Directions:

1. Place butter in a skillet over medium-high heat.
2. Add all ingredients including the liquid from tomatoes.
3. Cook until vegetables are heated through; approximately 10 minutes.
4. Enjoy! Refrigerate leftovers immediately.

Adapted from the USDA, recipefinder.nal.usda.gov



Vegetable Stew

Servings: 4

Ingredients:

- 1 quart canned, low-sodium chicken broth*
- 1 cup 100% vegetable juice
- 1 cup canned, diced tomatoes (no-salt added)
- 1 cup canned navy beans or chickpeas, drained and rinsed
- 1 can (24-ounce) mixed vegetables, drained
- 1 teaspoon dried oregano

* Can substitute prepared bouillon cube and water instead of canned chicken broth.

Directions:

1. Mix broth, vegetable juice and oregano in a large saucepan over medium-high heat. Bring to a boil.
2. Add tomatoes, navy beans and mixed vegetables; simmer 4 to 5 minutes.
3. Serve warm and refrigerate leftovers.

Zesty Bean and Pasta Salad

Servings: 6

Ingredients:

- 1 box (13.5-ounce) whole wheat pasta
- 1 can (15.5-ounce) great northern beans, drained*
- 1 (8-ounce) bottle low-fat ranch dressing
- 1 can black olives, drained (2.5-ounce)
- 2 teaspoons Italian seasoning
- 1 cup low or reduced-fat shredded cheese*

*Any type of can beans or shredded cheese could be used for this recipe.

Directions:

1. Wash hands and all cooking surfaces.
2. Cook pasta according to package directions and drain. Cool.
3. Mix pasta, beans, olives, bacon, cheese and dressing.
4. Keep refrigerated until serving.



We hope you enjoy the recipes!

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Each caller will receive a free healthy gift!

For more recipes and physical activity ideas, visit us online at missourifamilies.org.

MEASUREMENT EQUIVALENTS:

3 teaspoons	= 1 tablespoon
4 tablespoons	= ¼ cup
5 ⅛ tablespoons	= ⅓ cup
16 tablespoons	= 1 cup
2 cups	= 1 pint
4 cups (2 pints)	= 1 quart
4 quarts (liquid)	= 1 gallon

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 Extension

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