

Hearty Bean and Chicken Chili

Serving Size: 2 Cups | Servings per Recipe: 4 | Diabetes Friendly



INGREDIENTS

- 1 can black beans, drained and rinsed
- 1 can pinto beans, drained and rinsed
- 1 can diced tomatoes
- 2 cans canned chicken, drained
- 1 cup any milk or water
- 1 tsp chili powder
- ½ tsp garlic powder (optional)
- Salt and pepper to taste

DIRECTIONS

- Combine beans, tomatoes, chicken, milk (or water), and seasonings in a large pot.
- Stir well and bring to a boil over high heat.
- Reduce heat and simmer 10–15 minutes, stirring occasionally.
- Taste and adjust seasoning before serving.



Calories per serving: 250 | 5 g total fat | 25 g total carbohydrates | 320 mg sodium | 25 g protein