

FOOD FOR LIFE


PhysiciansCommittee
for Responsible Medicine



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RECIPE OF THE WEEK

March 1, 2016

 **PRINTER-FRIENDLY
VERSION**

Almost-Instant Black Bean Chili



Still fighting the cold weather? Warm up with this tasty chili!
This is a perfect make-ahead recipe, since it's even better the second day.

Makes 6 1-cup servings

Ingredients

- 1/2 cup water
- 1 medium onion, chopped
- 2 medium garlic cloves, minced
- 1 small bell pepper, seeded and finely diced
- 1/2 cup crushed tomatoes or tomato sauce
- 2 (15-ounce) can black beans, undrained
- 1 (4-ounce) can diced green chilies
- 1 teaspoon ground cumin



One cup of canned black beans has 14 grams of protein. [Learn more about protein here.](#)



Directions

Heat the water in a large skillet or pot. Add onion, garlic, and bell pepper. Cook over high heat, stirring often, for about 5 minutes or until onion is translucent. Add crushed tomatoes or tomato sauce, beans and their liquid, chilies, and cumin. Simmer, stirring occasionally, for about 15 minutes, or until flavors are blended.

Per 1-cup serving: Calories: 155; Fat: 0.8 g; Saturated Fat: 0.1 g; Calories from Fat: 4.7%; Cholesterol: 0 mg; Protein: 8.7 g; Carbohydrates: 29.6 g; Sugar: 2.6 g; Fiber: 11 g; Sodium: 473 mg; Calcium: 89 mg; Iron: 3.1 mg; Vitamin C: 19.1 mg; Beta Carotene: 49 mcg; Vitamin E: 0.4 mg

Source: [Foods That Fight Pain](#), by Neal Barnard, M.D.; recipe by Jennifer Raymond, M.S., R.D.

Please feel free to tailor Physicians Committee recipes to suit your individual dietary needs.



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March is National Colorectal Cancer Awareness Month. Join the Physicians Committee to learn about colorectal cancer and how to share the message of prevention and longevity. [Visit PCRM.org/DroptheDog](#)

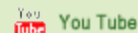
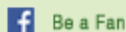
**Physicians
Committee**
for Responsible Medicine
PCRM.ORG

5100 Wisconsin Ave., N.W.
Suite 400
Washington, D.C. 20016
Contact: 202-686-2210
E-mail: info@pcrm.org
Website: www.pcrm.org



Food for Life is an award-winning Physicians Committee for Responsible Medicine program designed by physicians, nurses, and registered dietitians that offers cancer, diabetes, and kids classes that focus on the lifesaving effects of healthful eating. Each class includes information about how certain foods and nutrients work to promote health, along with cooking demonstrations of simple and nutritious recipes that can be recreated easily at home. [Learn more here >>](#)

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