

Triple Bean Chili

Total Cook Time: 45 minutes

Cook from Frozen

Meals are 3-4 servings

*For 6-8 servings, cook 2 meals in the same pot and use the cooking instructions in the parentheses

Prepare with (aka ingredients needed to prepare meal):

- Optional toppings and garnishes: Shredded or cubed cheese, sour cream, diced jalapeños, hot sauce, corn chips

Instant Pot Cooking Directions:

- Open meal and pop food into the pressure cooker pot. Add 1 cup (1 cup)* of hot water.
- Secure the lid and turn pressure release knob to a sealed position. Cook at high pressure for 10 minutes.
- When cooking is complete, use a natural release for 10 minutes and then release any remaining pressure.
- Stir well and serve hot with desired toppings.

Slow Cooker Cooking Directions:

- Add frozen meal to the slow cooker. Add the said amount of liquid above. Cover and cook on LOW for 4-5 hours or HIGH for 2-3 hours, until heated through. Continue with step 4.

Leftover Suggestions:

- Serve in bread bowls
- Chili dogs
- Chili-loaded baked potatoes
- Chili breakfast bowl (chili topped with scrambled or poached egg, avocado, hash browns)

Notes:

- This soup freezes well after cooking. Portion into individual containers and freeze for an easy grab-and-go lunch.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	Total Fat 10g	13%	Total Carbohydrate 31g	11%
Saturated Fat 3.5g	18%	Dietary Fiber 9g	32%	
Trans Fat 0g		Total Sugars 8g		
Cholesterol 50mg	17%	Includes 0g Added Sugars	0%	
Sodium 1750mg	76%	Protein 24g		
Vitamin D 0mcg 0% • Calcium 170mg 15% • Iron 6.1mg 35% • Potassium 920mg 20% Vitamin A 700mcg 80% • Vitamin C 25mg 30%				

4 servings per container
Serving size 1 cup (392g)
Calories per serving 310

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



INGREDIENTS: TOMATO SAUCE (TOMATO PUREE (WATER, TOMATO PASTE), WATER, SEA SALT, CITRIC ACID, SPICE), DICED TOMATOES (TOMATOES, TOMATO JUICE, <2% OF: SALT, CITRIC ACID, CALCIUM CHLORIDE), GROUND BEEF, KIDNEY BEANS, CANNELLINI BEANS, PINTO BEANS, GREEN CHILES (GREEN CHILE PEPPERS, WATER, CONTAINS LESS THAN 2% OF: CALCIUM CHLORIDE, CITRIC ACID, SALT), ONION, SPICE, SALT