



DIRECTIONS:

- 1 lb. ground beef
- 1-6 oz. can tomato paste
- 1-14.5 oz. can diced tomatoes
- 3 ¼ cups water
- 1 package Black Bean Chili mix

In a saucepan, brown ground beef and drain. Stir in tomato paste, diced tomatoes, water and black bean chili mix. Bring to a boil, stirring often. Reduce heat and simmer 15-20 minutes or until beans are tender, stirring often.

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R101 Regular Paring



R132 Vegetable Peeler



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Nutrition Facts	
Serving Size 1/4 cup dry (24g)	
Servings Per Container about 6	
Amount Per Serving	
Calories 70	Calories from Fat 10
	<small>%Daily Value*</small>
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 900mg	38%
Total Carbohydrate 14g	5%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 4g	
Vitamin A 20%	Vitamin C 4%
Calcium 4%	Iron 8%

INGREDIENTS: Dehydrated black beans, spices (including chili pepper), dehydrated vegetables (including onion, bell pepper and garlic), enriched wheat flour (malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), salt, hydrolyzed soy protein, brown sugar, garlic and onion powder, sugar, beef broth and beef fat, silicon dioxide, caramel color, yeast extract, spice extractives, disodium inosinate and guanylate.
CONTAINS WHEAT AND SOY PRODUCTS

BLACK BEAN CHILI

Item # Q806

Net Wt. 5 oz (142 g)