



## EATING RIGHT IS BASIC

DECEMBER 2010

### Benefits of Family Mealtime

- Fosters family traditions
- Improves communication; Sharing ideas, thoughts, and feelings builds relationships
- Teaches children life skills. They learn planning, shopping, cooking skills, and appreciation of food
- Meals prepared at home tend to be healthier because you can monitor ingredients and control portion sizes
- Children learn responsibility by helping to cook, set the table, and clean up
- Kids are more likely to do well in school, eat their vegetables, and increase their vocabulary
- Remember, eating ANY meal together counts

### 3-Can Chili

You don't need a lot of time to make tasty and easy family meals during the Holidays. Have your kids help with opening cans, pouring in ingredients, or stirring!



**Yield:** 6 (1 cup) servings

**Preparation Time:** 10 minutes

**Cooking Time:** 5 minutes

#### Ingredients

1 (15-oz) can beans (pinto or kidney), un-drained

1 (15-oz) can corn, drained or 10-ounce package frozen corn

1 (15-oz) can crushed tomatoes, undrained

Chili powder to taste

*Optional:* Add 1 pound of cooked ground turkey, chopped onions and/or green peppers to the rest of the ingredients. Before serving, top with grated cheese.

\*To reduce sodium, use unsalted canned vegetables.

#### Preparation

1. Place the contents of all 3 cans into a saucepan.
2. Add chili powder to taste.
3. Stir to mix.
4. Continue to stir over medium heat until heated thoroughly.
5. Refrigerate leftovers.