

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:

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

Slow Cooker Cooking Directions:

1. 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

4 servings per container

Serving size
1 cup (392g)

Calories per serving **310**

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%

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

IMPORTANT!

FOOD SAFETY INSTRUCTIONS

Raw meat and poultry may contain bacteria that could cause illness if not handled or cooked safely. Follow these instructions to avoid illness.



WASH AND DRY HANDS



CLEAN UTENSILS AND SURFACES, AND THEN SANITIZE



KEEP UNCOOKED MEAT AND POULTRY SEPARATE



USE FOOD THERMOMETER

Minimum Internal Temperatures
Beef, pork, veal, lamb: steaks, roasts & chops 145° F + 3-min rest time
Turkey, chicken, duck: whole, pieces & ground 165° F
Ground beef, pork, veal & lamb 160° F
Fish 145° F

For More Information:
www.fsis.usda.gov/safe