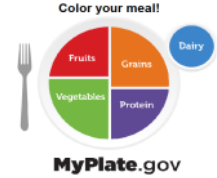




WHITE BEAN CHILI



Ingredients:

½ Onion, chopped

3 cloves garlic, minced

1 carrot, chopped

1 lb white corn, fresh, frozen, or canned

1½ teaspoons Cumin

Salt and Pepper to taste

28 oz White beans (any variety)

2 green chili peppers, minced

1 cup water or chicken broth (low sodium)

3 tbsp lemon juice

2 tsp dried oregano

Directions:

1. Heat a small amount of oil and cook onion over medium heat.
2. Add the garlic and cook for 2 additional minutes.
3. Put remaining ingredients in pot and cook together for 30 minutes.

You can top the chili with green onions and a dollop of non fat Greek yogurt. Enjoy!!

Find more recipes and resources online at: www.gcfb.org/recipes_resources

Want to apply for SNAP Benefits? Call the number below for assistance!

Mention **Gleaners** when speaking with your SNAP representative.

F.O.R.
Comida y otros recursos
LÍNEA DE AYUDA



Para obtener ayuda para encontrar una despensa de alimentos, ayuda para presentar una solicitud de beneficios de SNAP o referencias a otros recursos, llame al

1-888-544-8773

 Operado por el Consejo del Banco de Alimentos de Michigan
Food Bank Council of Michigan
Financiado en parte por el Departamento de Salud y Servicios Humanos de Michigan
Michigan Department of Health and Human Services

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Food and Other Resources
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For help finding a food pantry, assistance in applying for SNAP benefits or referrals to other resources, call

1-888-544-8773

 Operated by the Food Bank Council of Michigan
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F.O.R.
خط المساعدة



للحصول على المساعدة في العثور على مخزن طعام، أو المساعدة في التقدم بطلب للحصول على مخصصات SNAP، أو الإحالات إلى موارد أخرى، اتصل بالرقم

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