

HOMINY CHILI

2 tsp vegetable oil

2 tsp minced garlic

4 tsp chili powder

1 tsp ground cumin

1 (15 oz) can white hominy, drained

1 (14.5 oz) can red beans, drained

1 (14.5 oz) can black beans

1 (14.5 oz) can diced tomatoes, undrained

1 (14.5 oz) can stewed tomatoes, undrained and chopped

Heat oil in a large saucepan over medium heat. Add garlic; sauté 1 minute. Stir in remaining ingredients and bring to a boil. Reduce heat; simmer, uncovered 15 minutes.

Total time: 20 minutes

Serves 5

From Cooking Light

*Choose low sodium tomatoes and give the beans a good rinsing to help reduce the sodium content of this chili.