

WEIGHT ★ NO ★ MORESM
DIET CENTER

No one does what we do!

[weightnomoredietcenter.com](https://www.facebook.com/weightnomoredietcenter.com)
WeightNoMoreDC

QUICK BLACK BEAN CHILI

Intermediate Lifestyle

Ingredients

1 medium onion, chopped
2 cloves garlic, minced or pressed
1 15-oz. can of black beans
1 15-oz. can of diced tomatoes
2 TBS chili powder
½ cup cilantro

Instructions

1. Chop onions and mince or press garlic and let sit for at least 5 minutes.
2. Place all ingredients in a pot, cover, and let simmer about 20 minutes.
3. Top with cilantro and serve.

Portion-Per-Serving Information: (Yields 2 servings)

Serving = 1 cup = 1 P