

Three Bean Chili

Benefits of a High-Fiber Diet

Ingredients

- 1 28-ounce can crushed tomatoes
- 1 16-ounce can of diced tomatoes
- 1 15-ounce can dark red kidney beans, rinsed
- 1 15-ounce can small white beans, such as navy beans, rinsed
- 1 15-ounce can black beans, rinsed
- 1 15-ounce can of corn, rinsed
- 3 cups water
- 1 packet chili mix (powder)
- ½ box elbow noodles (optional)

Directions

1. In a large pot, combine all ingredients except noodles. Bring up to a boil and then reduce heat so the pot is just simmering. Let simmer for 45 minutes.
2. If using noodles, add uncooked noodles and cook for 10 more minutes.

Options

- You may also cook this in a crock pot. Combine all ingredients and cook on low heat for 6-8 hours. Add the uncooked noodles and cook until they look plump.
- You can also use dry beans for this recipe. Soak and cook beans according to the package prior to adding to the chili.
- Add frozen corn instead of canned

Nutrition Information

<i>Serving Size</i>	1 ½ cup
<i>Calories</i>	145
<i>Protein</i>	7.3 g.
<i>Fat</i>	0.9 g.
<i>Carbohydrates</i>	31 g.

- **Normalizes bowel movements.** Dietary fiber increases the weight and size of your stool and softens it. A bulky stool is easier to pass, decreasing your chance of constipation. If you have loose, watery stools, fiber may also help to solidify the stool because it absorbs water and adds bulk to stool. For some, fiber may provide relief from irritable bowel syndrome.
- **Helps maintain bowel integrity and health.** A high-fiber diet may lower your risk of developing hemorrhoids, and small pouches in your colon (diverticular disease). Some fiber is fermented in the colon. Researchers are looking at how this may play a role in preventing diseases of the colon.
- **Lowers blood cholesterol levels.** Soluble fiber found in beans, oats, flaxseed and oat bran may help lower total blood cholesterol levels by lowering low-density lipoprotein, or "bad," cholesterol levels. Epidemiologic studies have shown that increased fiber in the diet can reduce blood pressure and inflammation, which is also protective to heart health.
- **Helps control blood sugar levels.** Fiber, particularly soluble fiber, can slow the absorption of sugar, which for people with diabetes can help improve blood sugar levels. A diet that includes insoluble fiber has been associated with a reduced risk of developing type 2 diabetes.
- **Aids in weight loss.** High-fiber foods generally require more chewing time, which gives your body time to register when you're no longer hungry, so you're less likely to overeat. Also, a high-fiber diet tends to make a meal feel larger and linger longer, so you stay full for a greater amount of time. And high-fiber diets also tend to be less "energy dense," which means they have fewer calories for the same volume of food.
- **Uncertain effect on colorectal cancer.** Evidence that dietary fiber reduces colorectal cancer is mixed — some studies show benefit, some show nothing and some suggest increased risk. If you're concerned about preventing colorectal cancer, adopt or stick with a colon cancer screening regimen. Regular testing for and removal of colon polyps can prevent colon cancer.

How much fiber do you need?

	Age 50 and younger	Age 51 and older
Men	38 grams	30 grams
Women	25 grams	21 grams

Fiber Information Source: <http://www.mayoclinic.com/health/fiber/NU00033>

Recipe Source: Developed by Lynn Stiff, MS, RD, CD