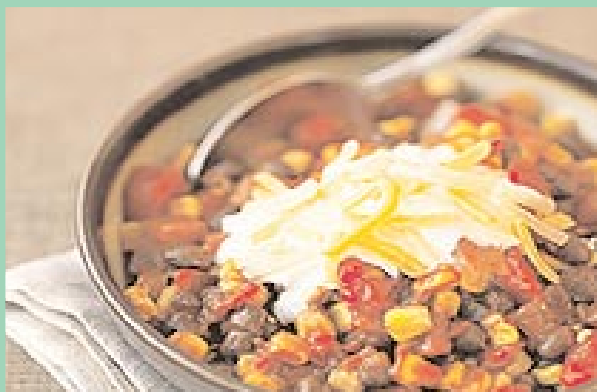


# Easy Black Bean & Tomato Chili



Preparation Time: 5 minutes  
Ready In Time: 15 minutes  
Serves: 4

## Essential Equipment

Can opener  
Cutting board  
Knife  
Sieve or colander  
Measuring cups  
Measuring spoons  
Medium saucepan

## Gather Ingredients

1 onion  
dash red pepper flakes  
1 Tbsp. oil  
1 can (19 fl oz/540 mL) *Primo* Black Beans  
1 can (19 fl oz/540 mL) *Aylmer Accents*  
Chili Style Stewed Tomatoes  
1 can (12 fl oz/341 mL) *Del Monte*® Kernel Corn  
1/2 cup *Kraft* *Tex-Mex* Shreds  
1/4 cup light sour cream

## Do This First

Chop onion. Open tomatoes & set aside.  
Open corn, drain & set aside.  
Open beans, drain, rinse & set aside.

## Simple Steps

- 1 Heat oil in saucepan; add onion and red pepper flakes, cooking until lightly browned.
- 2 Add beans, tomatoes and corn.
- 3 Simmer uncovered until heated through.
- 4 Spoon into 4 bowls and top with cheese and sour cream.

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