



WEIGHT ★ NO ★ MORE DIET CENTER SM



www.weightnomoredietcenter.com

Brick 732.903.7700	Marlboro 732.536.2027	Oakhurst 732.663.0222	Brooklyn 718.998.8898	Cedarhurst 516.569.6400
-------------------------------------	--	--	--	--

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