

# Black Bean Tortilla Chili

BushBeans.com

1 can (15 ounce) Bush's black beans, drained  
2 tablespoons olive oil  
2 6- or 8-inch corn tortillas, cut into two-inch strips  
2 medium onions, chopped  
1 large red bell pepper, chopped  
4 cloves garlic, chopped  
1 can (15 ounce) corn, undrained  
2 tablespoons chili powder  
1 1/2 teaspoons oregano  
1 1/2 teaspoons ground cumin  
1/4 to 1/2 teaspoon cayenne pepper  
1 can (16 ounce) tomato sauce  
1/4 cup Monterey Jack cheese, shredded  
2 green onions, chopped  
1/4 cup sour cream  
2 tablespoons fresh cilantro  
salt and pepper

Heat half of the oil in a two-quart saucepan over medium-high heat. Add the cut tortillas and lightly brown. Remove to a paper towel-lined plate and let drain.

Heat the remaining oil in the saucepan. Add the onion, red pepper, garlic, corn and seasonings. Cook for 4 minutes; stir often.

Add the beans and tomato sauce. Season with salt and pepper to taste. Simmer for 20 minutes.

Serve topped with tortilla strips, cheese, green onions, sour cream and cilantro.

*You can subtly spice this dish up by replacing the Monterey Jack cheese with Jalapeno Monterey Jack cheese.*

Per Serving (excluding unknown items): 799 Calories; 53g Fat (55.5% calories from fat); 22g Protein; 74g Carbohydrate; 18g Dietary Fiber; 51mg Cholesterol; 1850mg Sodium. Exchanges: 2 Grain(Starch); 1 Lean Meat; 7 1/2 Vegetable; 0 Non-Fat Milk; 9 1/2 Fat.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	799	Vitamin B6 (mg):	1.1mg
% Calories from Fat:	55.5%	Vitamin B12 (mcg):	.4mcg
% Calories from Carbohydrates:	34.5%	Thiamin B1 (mg):	.5mg
% Calories from Protein:	10.0%	Riboflavin B2 (mg):	.6mg
Total Fat (g):	53g	Folacin (mcg):	161mcg

**Saturated Fat (g):** 17g  
**Monounsaturated Fat (g):** 27g  
**Polyunsaturated Fat (g):** 5g  
**Cholesterol (mg):** 51mg  
**Carbohydrate (g):** 74g  
**Dietary Fiber (g):** 18g  
**Protein (g):** 22g  
**Sodium (mg):** 1850mg  
**Potassium (mg):** 2150mg  
**Calcium (mg):** 510mg  
**Iron (mg):** 9mg  
**Zinc (mg):** 3mg  
**Vitamin C (mg):** 57mg  
**Vitamin A (i.u.):** 9603IU  
**Vitamin A (r.e.):** 1105RE

**Niacin (mg):** 7mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refused:** 0 0%

## Food Exchanges

**Grain (Starch):** 2  
**Lean Meat:** 1  
**Vegetable:** 7 1/2  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 9 1/2  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 799 Calories from Fat: 444

### % Daily Values\*

<b>Total Fat</b>	53g	82%
Saturated Fat	17g	87%
<b>Cholesterol</b>	51mg	17%
<b>Sodium</b>	1850mg	77%
<b>Total Carbohydrates</b>	74g	25%
Dietary Fiber	18g	71%
<b>Protein</b>	22g	
<b>Vitamin A</b>		192%
<b>Vitamin C</b>		96%
<b>Calcium</b>		51%
<b>Iron</b>		50%

\* Percent Daily Values are based on a 2000 calorie diet.