

Fast Chili

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Cooking time (minutes):

cups

3 Microwave

Yield: pints 2 1 2 1

4.0

5 Wok

Chili*	can	cups	8	6	4	2	2.0
Beans, green	can	cups	4	3	2	1	1.0
Corn	can	cups	1	1/2	1	1/2	0.5
Carrots, small	cut 1/2's	cup	1	1/2	1	1/2	0.5

Add to bowl & Mix

3 Microwave for 3 minutes on high

Serve &/or Add to container(s) & Frig for days or Freezer for months

OR

Add ingredients to wok

5 Cook until heated - about 5 minutes

Serve &/or Add to container(s) & Frig for days or Freezer for months

*** TURKEY RANCHERO STAGG CHILI**