



Ingredient list:

- 2 cans (14.5 ounces each) diced tomatoes with Mexican seasoning
- 1 can (15.25 ounces) whole kernel corn, drained
- 1 can (15 ounces) black beans*, rinsed and drained
- 1 teaspoon ground cumin, optional
- Shredded cheese, optional

Directions:

- In a saucepan, combine tomatoes, corn and beans; heat through.
- Garnish with shredded cheese if desired.

Notes:

Reduce the salt content of food by choosing no salt added canned products. Rinsing the beans and the corn also reduces the amount of sodium.

*Pinto beans, red beans or other type of bean may be used instead of the black beans.

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Make Half Your Plate Vegetables & Fruits