

Canned Tex-Mex

Ingredients:

- 2 15-ounce cans chili with beans
- 1 tablespoon dehydrated chopped onion
- 1 4-ounce can diced green chilies
- 1 tablespoon chili powder
- 1 15.5-ounce can yellow hominy, drained
- 1 4.5-ounce can chopped ripe olives
- 1 cup (4 ounces) shredded sharp Cheddar cheese

www.ext.nodak.edu/extnews/newsrelease/1999/040899/11prairi.htm

Directions:

- In a large skillet, stir in chili, onion, chilies, chili powder, hominy and olives and bring to a boil, stirring frequently. Add cheese, stirring to melt, and pour mixture into a 11 x 7 x 1½-inch baking pan that's been sprayed with vegetable oil. Bake at 400 F for 15 to 20 minutes.

Makes 8 servings. Per serving: 285 calories, 15 grams (g) of fat