

Magnesium-Rich Chili

RECIPE CARD

INGREDIENTS

- 1 cup canned black beans, rinsed (~84mg)
- 1/2 cup canned diced tomatoes
- 1 teaspoon cumin
- 1 teaspoon chili powder
- Salt to taste

STEPS

1. Drain and rinse one can of black beans thoroughly to remove excess sodium.
2. In a small pot, combine the beans with ½ can of diced tomatoes (keep the juice for moisture).
3. Add 1 tsp cumin and 1 tsp chili powder. These spices add flavor without the need for high-salt seasoning packets.
4. Simmer on medium-high for 5-7 minutes.
5. Eat as-is, or scoop over a piece of whole-wheat toast for an extra magnesium boost.

