



**Nutrition Information Per Serving:**

Calories: 273  
Protein: 14 g  
Carbohydrates: 25 g  
Fat: 16 g  
Fiber: 10 g

<b>PREP TIME</b> <b>5</b> mins	<b>COOK TIME</b> <b>0</b> mins	<b>TOTAL TIME</b> <b>15</b> mins	<b>RECIPE MAKES</b> <b>8</b> servings
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When serving a meal to a hungry crowd, you can never go wrong with chili. That's why these hearty chili cups (10 g of protein per cup!) featuring protein-packed Lowfat Plain Muuna cottage cheese instead of sour cream will have your guests saying, "Touchdown!"

**INGREDIENTS**

- 4 cups Bean chili (canned or your favorite recipe will work)
- 1 ½ cups Lowfat Plain Muuna cottage cheese
- 1 cup Canned corn
- ½ cup Tomato, diced
- 2 Avocados, diced

**INSTRUCTIONS**

- 1) Before assembling chili cups, have all of your ingredients prepared.
- 2) Heat the chili on the stovetop or in the microwave until warmed through.
- 3) Into 8 paper cups, layer ½ cup chili, 2 Tbsp. of cottage cheese, 1 Tbsp. corn, 1 Tbsp. of tomato, and a few pieces of avocado.
- 4) Serve with a spoon!