



# REAL SIMPLE

LIFE MADE EASIER



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### DAILY FINDS

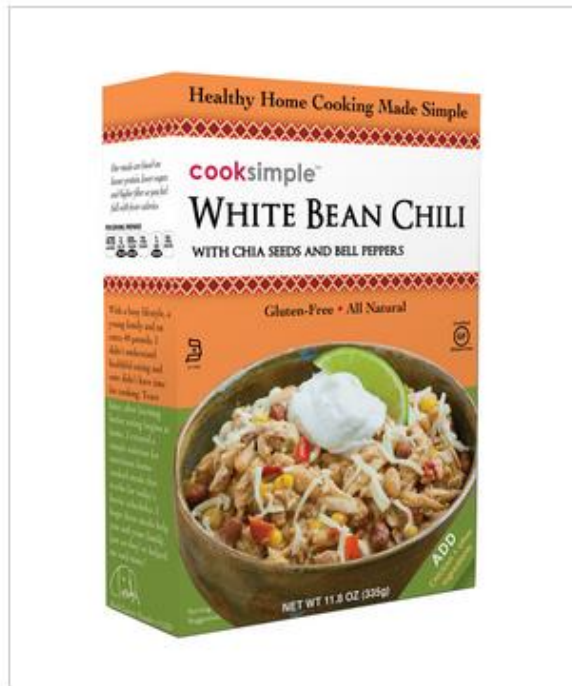
## 6 Shortcuts for Fast and Delicious Dinners

### Cook Simple White Bean Chili With Chia Seeds and Bell Peppers

This healthy, low-calorie chili delivers a rich, long-simmered taste in just a half hour. Simply add chicken and milk and you're good to go.

**To buy:** \$5 for one 6-ounce box, at supermarkets and [thehealthypantry.com](http://thehealthypantry.com).

**NEXT:** Williams-Sonoma Chicken Fricassee Braising Base



thehealthypantry.com

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