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### DAILY FINDS

## 6 Shortcuts for Fast and Delicious Dinners

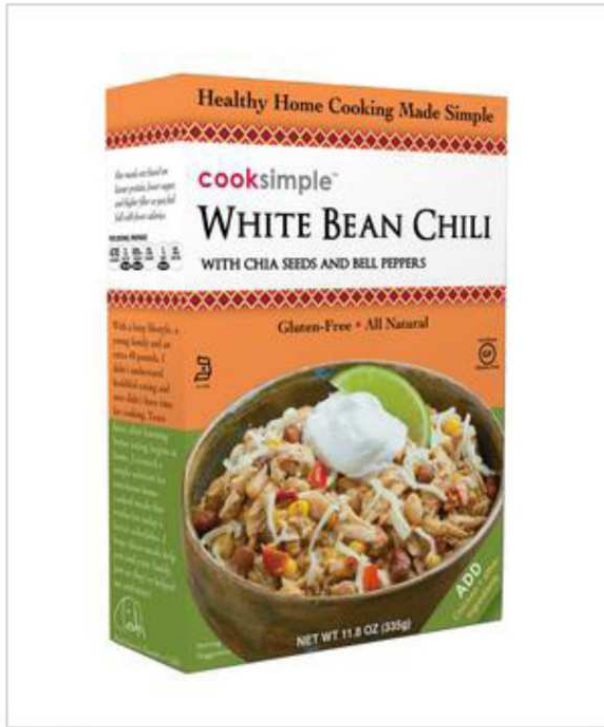
January 9, 2013

### 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 [thehealthpantry.com](http://thehealthpantry.com).

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



[thehealthpantry.com](http://thehealthpantry.com)

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<http://www.realsimple.com/food-recipes/shopping-storing/food/fast-dinners-0010000094028/page6.html>