

Cooking with the DIETITIANS

EASY VEGETARIAN CHILI

Time: 40 minutes / Servings: 6

INGREDIENTS

- 1 Tbsp olive oil
- 1 large yellow onion, diced
- 1 packet low-sodium taco seasoning, to taste
- 3 carrots, diced
- 2 bell peppers, diced
- 3 chipotle peppers in adobo, chopped
- 2 (28oz) cans crushed tomatoes (including juice)
- 3 (15oz) cans black beans, drained and rinsed
- 2 (15oz) cans corn or hominy, drained
- Optional: sour cream, cheese, avocado*



DIRECTIONS

1. Heat oil in a large pot over medium-high heat. Add onion and sauté for about 3 minutes. Add taco seasoning and cook stirring for about 30 seconds
2. Add bell peppers, carrots and chipotle peppers and cook for about 5 minutes, or until they just start to soften.
3. Add tomatoes and their juice, beans, and corn and bring to a simmer. Once the chili begins to simmer, reduce the heat to medium-low. You want the chili to be at a low simmer with the lid off for about 20 minutes.
4. Enjoy!

NUTRITION FACTS (PER SERVING):

Calories: 414, Total Fat: 9g, Saturated Fat: 0g, Cholesterol: 0mg, Sodium: 916mg, Carbohydrates: 65g, Fiber: 21g, Protein: 16g, Vitamin A: 163%, Vitamin C: 73%, Calcium: 11%, Iron: 27%

Recipe adapted from: <http://www.theendlessmeal.com/easy-vegetarian-chili-recipe/>

A collaboration with USF Dining