

Vegetarian Chili

Prep Time: 15 mins

Cook Time: 30 mins

Ingredients

1 medium Yellow Onion
2 medium Jalapeno Peppers
4 cloves Garlic
1 medium Red Pepper
2 cups Mushrooms
1 medium Green Zucchini
2 Tbsp Canola oil
1 Tbsp Cumin
2 Tsp Oregano
1 Tbsp Chili Powder
1 cup Frozen Corn
2 cups Diced Tomatoes
2 Tbsp Tomato Paste
2 cups Unsalted Boiled Pinto Beans
2 cups Unsalted Boiled Black Beans
2 cups Unsalted Boiled Kidney Beans
1 Tbsp Vinegar
1 Tbsp Lime Juice

Note: Avoid canned products including low sodium versions.

Makes 5 Servings

Nutrition Information

For 1 medium bowl:

- Protein: 28 g
- Calories: 543 kCal
- Sodium: 64 mg

Instructions

1. Cut all the vegetables to the same size.
2. Preheat the pot and then add the canola oil.
3. Add onions and sauté until they are soft.
4. Add garlic and spices.
5. Cook jalapenos and mushrooms for 4 minutes.
6. Add the red pepper and zucchini for 5 minutes.
7. Add the tomatoes and tomato paste and stir well until they are thoroughly mixed.
8. Add beans to the pot.
9. Add vinegar and lime juice to taste.
10. Add corn and simmer for 15 minutes with occasional stirring.