

## Vegetarian Chili

*Servings: 6      Total Time: 60 minutes*

### Ingredients:

1 tablespoon vegetable oil	1 onion, chopped
1 red bell pepper, chopped	1 jalapeno pepper chopped and seeded
2 teaspoons chili powder	2 teaspoons ground cumin
2 teaspoons garlic powder	1/2 teaspoon salt
½ cup low-fat shredded cheese	1 (14.5-oz) can diced tomatoes, un-drained
1 (15-oz) can no-salt-added black beans	1/2 cup reduced-fat sour cream or plain Greek yogurt
1 (15-oz) can no-salt-added pinto beans	1 can (13 oz) low sodium vegetable or chicken broth
1 (15-oz) can no-salt-added kidney beans	
1 (15-oz) can no-salt-added sweet corn, rinsed and drained	

### Directions:

In a large saucepan heat oil over medium-high heat.  
Place a colander/strainer in the sink. Add the beans and corn. Rinse with cool water, let drain.  
Add onion and red pepper to the pan. Cook for 8 minutes, stirring frequently.  
Add jalapeno and spices and cook for 3 minutes, reduce heat to medium.  
Add broth, beans, corn, and tomatoes to the pot. Bring to a boil and cook for 20 minutes.  
Remove the pot from the stove and mash the beans in the pot with a potato masher or back of a large serving spoon.  
Return to the stove and cook on medium-low for an additional 10 minutes.

**Nutrition Information per Serving:** 548 calories, 10g total fat, 4g saturated fat, 33g protein, 85g carbohydrates, 430mg sodium



***Chef Notes:*** Serve with cheese and sour cream. For a spicier chili add 1 teaspoon of cayenne pepper and/or leave the seeds in the jalapeno. This dish goes well with corn bread or whole grain crackers.

***Storage Tips:*** Store in the refrigerator for up to 4-5 days or store in freezer safe containers or bags and freeze in batches for up to 3 months.