

Easy Vegetarian Chili

Recipe Type: Main Dish

Prep Time: 10 minutes

Serves: 7

Cooking Time: 30 minutes

C means cup

T means tablespoon

t means teaspoon

oz means ounce

What You Need:

- 1 tbsp canola oil
- $\frac{3}{4}$ C chopped onion
- $\frac{1}{2}$ C chopped Bell pepper
- 4 cloves garlic, chopped
- 2 tbsp Chili powder
- 1 tbsp ground cumin
- 2 – 10 oz cans low-sodium black beans
- 1 – 12 oz can diced tomatoes
- $\frac{1}{4}$ C water
- $\frac{1}{2}$ C shredded cheese



What to Do:

1. Wash your hands.
2. Heat oil in a large saucepan over medium-high heat.
3. Add onion, bell pepper and garlic and cook until tender, about 8 minutes.
4. Stir in chili powder and cumin.
5. Cook, stirring, for 30 seconds.
6. Add beans, tomatoes (with their juice) and water and simmer for 5 minutes.
7. Sprinkle cheese on top.
8. Serve and enjoy!

Contains Milk

Nutrition Facts	
7 servings per container	
Serving size	1 cup (231g)
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 22g	8%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 85mg	6%
Iron 2mg	10%
Potassium 629mg	15%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

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