

Veggie Chili

Ingredients:

- 1 Tbsp oil
- 1 tsp of prepared garlic or equivalent
- Onion - chopped
- Green Pepper - chopped 1/2" to 1"
- 2 red Peppers = chopped 1/2" to 1"
- 1 Tbsp Chili
- 2 tsp Cumin
- 1 can of stewed tomatoes
- 3 cans beans 15oz, one black, one pink, one white, drained and rinsed
- 1 small can yellow corn (the little cans, not full size)
- salt or pepper if you want

Directions:

1. Heat oil and add the garlic in a 5 qt Dutch oven or stew pot, medium heat. Add the onions and then the peppers to the oil to cook down, stirring often, about 10 minutes. Lower flame, add the chili and cumin, stir to coat veggies, and cook for 30 secs.
2. Add the tomatoes. Cut them up to make smaller pieces. Sometimes I add another half can of diced or stewed.
3. Empty all the beans into a colander and rinse off the juice well. Increase to medium heat, add beans to pot and stir, cook for 5 minutes. Drain the can of corn and add. Lower heat and simmer for 20 minutes.

Directions are very loose. Usually I add 1 cup 'frozen Beef-y crumbles (tofu)' before adding the chili and cumin - extra filling, extra good. Cilantro is another good spice to add to this recipe.

Recipe Source: From an old Family Circle magazine

Shared by: Chris Bremseth, IRS

Registered Dietician Notes:

Calories: 120
Protein: 5 g
Carbohydrates: 22 g
Fat: 2.3 g

