Three Bean Chili

*Vegetarian tomato chili with black, white and kidney beans*

Yield: 8 servings (1 cup each)

**Ingredients:**
- 1 teaspoon vegetable oil
- 2 cups diced onion, 1/4”
- 1 cup diced green pepper, 1/4”
- 1 tablespoon chili powder
- 1 1/2 teaspoons minced garlic
- 3/4 teaspoon ground cumin
- 1/4 teaspoon ground black pepper
- 3 1/2 cups canned no salt added diced tomatoes in juice
- 1 1/4 cups water
- 1 cup frozen whole kernel corn
- 1 cup rinsed, drained low sodium canned black beans
- 1 cup rinsed, drained low sodium canned dark red kidney beans
- 1 cup rinsed, drained low sodium canned great northern beans
- 4 vegetable bouillon cubes
- 1 teaspoon salt

**Method:**

In large pot over medium-high heat, heat oil. Add onion, green pepper, garlic, chili powder, cumin and black pepper. Saute until onion is translucent, 3 to 5 minutes.


**Nutrition:**

<table>
<thead>
<tr>
<th></th>
<th>Calories: 140</th>
<th>Saturated Fat: 0 mg</th>
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</thead>
<tbody>
<tr>
<td>Carbohydrate:</td>
<td>25 g</td>
<td>Cholesterol: 0 mg</td>
</tr>
<tr>
<td>Protein:</td>
<td>7 g</td>
<td>Sodium: 410 mg</td>
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<tr>
<td>Total Fat:</td>
<td>2.0 g</td>
<td>Dietary Fiber: 7g</td>
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