

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.

2. Add remaining ingredients. Bring to a boil. Reduce heat. Simmer 35 minutes. Serve hot.

Nutrition:

Calories: 140

Carbohydrate: 25 g

Protein: 7 g

Total Fat: 2.0 g

Saturated Fat: 0 mg

Cholesterol: 0 mg

Sodium: 410 mg

Dietary Fiber: 7g