

# Vegetarian Chili Your Way

**Servings:** 6

**Diet:** Vegan, Vegetarian & Gluten-Free

## Ingredients

- 1 tablespoon oil
- 1 large onion, chopped
- 5 cloves garlic, minced
- 5 cups canned or fresh vegetables of your choice, chopped (carrots, peppers, celery, corn, etc.)
- ½ teaspoon salt
- 2 tablespoons (or to taste) spices of your choice (chili powder, oregano, cumin, paprika, black pepper)
- 2 (14.5 ounce) cans diced tomatoes, no salt added
- 2 (15 ounce) cans beans of your choice, no salt added (black beans, kidney beans, pinto beans, etc.)
- ¾ cups vegetable broth, no salt added
- Optional: garnish of your choice (sour cream, green onions, cilantro, avocado, cheddar cheese)

## Instructions

**STEP 1:** Heat oil in a medium pot over medium heat. Sauté the onion and garlic until soft, about 5 minutes. Add vegetables and cook about 5 minutes longer, stirring frequently until vegetables start to soften.

**STEP 2:** Add salt and spices of your choice. Stir for about 30 seconds or until fragrant.

**STEP 3:** Add tomatoes, beans and broth. Bring to a boil, then reduce heat and simmer for 30-45 minutes or until thickened. Garnish as desired.



- **Shopping Tip:** Choose low salt/no salt added canned foods. If not available, draining and rinsing can reduce the salt content up to 40%!
- **Did you know?** Beans are a great source of plant protein and fiber!



Per Serving: 240 Calories | 43g Carbs | 11g Sugar | 13g Fiber | 4g Fat (0g Sat Fat) | 10g Protein | 320mg Sodium

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