

Easy Vegetarian Chili

Canned beans, tomatoes and veggies make this quick vegetarian chili recipe ready to go in just 30 minutes. Serve over rice or couscous, or with tortilla chips for added crunch, and add extra toppings as you see fit - sliced scallions, shredded, cheese chopped fresh cilantro, diced avocado and sliced jalapeños are all tasty choices.

Active: 10 mins

Total: 30 mins

Servings: 6



Ingredients

2 tablespoon canola/Olive oil
1/2 cup finely chopped white onion
1/4 cup finely chopped red bell pepper.
3 cloves garlic, chopped.
2 tablespoons chili powder
1 tablespoon ground cumin
1 teaspoons black pepper
1 teaspoon ground coriander
1 (15 ounce) can low-sodium black beans, rinsed.
1 cup diced tomatoes
1 cup crushed tomatoes
1 + 1/4 cup no sodium vegetable stock
1 Can canned peas and carrots, rinsed
1 Can canned mushrooms, rinsed

Directions

Heat oil in a large saucepan over medium-high heat. Add onion, bell pepper, garlic and mushrooms and cook until tender, about 8 minutes. Stir in chili powder, cumin, black pepper and coriander; cook, stirring, for 30 seconds. Add vegetable stock and tomatoes (with their juice) and simmer for 5 minutes. Add beans and let it simmer for 10 min. finally add the canned vegetables.

Serve the chili sprinkled with cheese.

Cost per serving : 1.5 \$

Tips

To make ahead: Refrigerate chili for up to 3 days or freeze for up to 3 months.

Nutrition Facts

Serving Size: 1 cup each

Per Serving: 279 calories; protein 16.3g; carbohydrates 28.6g; dietary fiber 19.7g; sugars 4.4g; fat 11.1g; saturated fat 3.2g; cholesterol 14.4mg; vitamin a iu 2500.2IU; vitamin c 39.5mg; folate 28.3mcg; calcium 266mg; iron 4.8mg; magnesium 117.3mg; potassium 800.8mg; sodium 433.9

