



Week 1 Healthy Recipe:

Easy Vegetarian Chili



Canned beans and tomatoes 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 top with chopped fresh cilantro, if desired. Diced avocado, sliced jalapeños and sliced scallions are other tasty options.

Makes 4 servings / Active Time: 30 minutes / **Total Time:** 30 minutes

Ingredients

- 1 tablespoon of canola oil
- 3/4 cup of finely chopped white onion
- 1/2 cup of finely chopped red bell pepper
- 4 cloves of garlic, chopped
- 2 tablespoons of chili powder
- 1 tablespoon of ground cumin
- 2 teaspoons of dried oregano
- 1 teaspoon of ground coriander
- 2 15-ounce cans low-sodium black beans, rinsed
- 1 14-ounce can diced tomatoes
- 1/4 cup of water
- 1/2 cup of shredded cheese, such as Cheddar or pepper Jack

Directions

1. Heat oil in a large saucepan over medium-high heat. Add onion, bell pepper and garlic and cook until tender, about 8 minutes. Stir in chili powder, cumin, oregano and coriander; cook, stirring, for 30 seconds. Add beans, tomatoes (with their juice) and water and simmer for 5 minutes.
2. Serve the chili sprinkled with cheese.

Make Ahead Tip:

Refrigerate chili (Step 1) for up to 3 days or freeze for up to 3 months.

Nutrition Information Per serving: 311 calories; 39 g carbohydrates; 11 g fat (3 g sat, 4 g mono); 16 g protein; 14 mg cholesterol; 14 g dietary fiber; 801 mg potassium; 434 mg sodium. Nutrition bonus: Vitamin C (66% daily value), Vitamin A (47% dv), Calcium & Iron (27% dv)

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