

# Chilly Day Veggie Chili

This hearty soup will keep you warm and full on a cold day. Beans fill this soup with lots of fiber, iron and protein.

Serves 10



## Ingredients

- 2 tablespoons extra virgin olive oil
- 1 yellow onion, chopped
- 1 green bell pepper, chopped
- 3 large garlic cloves, minced
- 6 ounces low-sodium tomato paste
- 2 15-ounce cans petite diced tomatoes
- 2 15-ounce cans fire-roasted tomatoes
- 1 15-ounce can low-sodium chili beans
- 1 15-ounce can low-sodium kidney beans, rinsed
- 1 15-ounce can low-sodium black beans, rinsed
- 1 15-ounce can corn, rinsed
- 2 tablespoons brown sugar
- 2 teaspoons dried basil
- 2 teaspoons ground cumin
- 1 tablespoon chili powder
- ½ teaspoon black pepper
- Cayenne pepper to taste
- Grated cheese and non-fat Greek yogurt for garnish

## Nutrition Facts

Serving Size About 1½ Cups  
Servings Per Recipe 10

Amount Per Serving

Calories 260    Calories from Fat 35

% Daily Value\*

**Total Fat** 4g    **6%**

Saturated Fat 1g    **5%**

Trans Fat 0g

**Cholesterol** 0mg    **0%**

**Sodium** 620mg    **26%**

**Total Carbohydrate** 48g    **16%**

Dietary Fiber 12g    **48%**

Sugars 13g

**Protein** 12g

Vitamin A 25%    •    Vitamin C 60%

Calcium 10%    •    Iron 25%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

|                    | Calories: | 2,000   | 2,500   |
|--------------------|-----------|---------|---------|
| Total Fat          | Less than | 65g     | 80g     |
| Saturated Fat      | Less than | 20g     | 25g     |
| Cholesterol        | Less than | 300mg   | 300mg   |
| Sodium             | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate |           | 300g    | 375g    |
| Dietary Fiber      |           | 25g     | 30g     |

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Please note: nutritional values are approximate.

## Directions

1. In a large stock pot, heat oil over medium-high heat. Add onion and sauté, for 5 minutes.
2. Add green pepper and garlic and sauté, for 3 minutes more.
3. Add tomato paste, tomatoes, beans and corn. Stir well after each addition.
4. Add sugar, basil, cumin, chili powder and black pepper, stirring well.
5. For a spicier chili, add cayenne pepper to taste, stirring well to distribute.
6. Bring all ingredients to a boil, stirring constantly, cover and reduce heat to low, simmering for at least 15 minutes to blend flavors.
7. Serve hot with a sprinkle of cheese and/or a dollop of Greek yogurt.

