

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

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.

Please note: nutritional values are approximate.

