**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

**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.

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>260</td>
<td>35 %</td>
</tr>
<tr>
<td>Total Fat</td>
<td>4g</td>
<td>6 %</td>
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<tr>
<td>Saturated Fat</td>
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<td>5 %</td>
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<tr>
<td>Trans Fat</td>
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<td>0 %</td>
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<tr>
<td>Cholesterol</td>
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<td>0 %</td>
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<tr>
<td>Sodium</td>
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<tr>
<td>Total Carbohydrate</td>
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<tr>
<td>Dietary Fiber</td>
<td>12g</td>
<td>48 %</td>
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<tr>
<td>Sugars</td>
<td>13g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>12g</td>
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</tbody>
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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.

Total Fat
- Less than 5g
- 6g
- 8g

Saturated Fat
- Less than 2g
- 2.5g
- 2.5g

Cholesterol
- Less than 200mg
- 300mg
- 300mg

Sodium
- Less than 2,400mg
- 2,400mg

Total Carbohydrate
- Less than 30g
- 37g

Dietary Fiber
- Less than 25g
- 30g

Calories per gram:
- Fat 9 • Carbohydrate 4 • Protein 4

Please note: nutritional values are approximate.