

# Use What You Have Vegetarian Chili

*This recipe is extremely versatile, and you can swap in fresh or frozen vegetables, depending on what you have on hand.*

<b>YIELD</b> <b>8 SERVINGS</b>	<b>PREP TIME</b> <b>15 MIN</b>	<b>TOTAL TIME</b> <b>45 MIN</b>
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## INGREDIENTS

1 each	Onion, yellow or red, diced small
1 each	Red Bell Pepper, diced small
1 each	Zucchini, diced small
2 Tbsp	Olive Oil
½ tsp	Kosher Salt
2 Tbsp	Chili Powder
2 Tbsp	Cumin, ground
2 tsp	Oregano, dried
1 (15oz) can	Tomatoes, diced
1 cup	Vegetable or Chicken stock, low sodium or homemade
2 cups	Frozen mixed vegetables or any combination of fresh/frozen veggies
2(15oz) cans	Beans, low sodium, any variety, drained and rinsed

## DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Chop the onions, bell pepper, zucchini, and any other fresh vegetables you may be using.
3. Place a medium pot of medium heat. Add 2 tablespoons of olive oil. Sauté onion and bell pepper for 2-3 minutes.
4. Add the zucchini, salt, chili powder, cumin, and oregano to the sautéed vegetables. Sauté for an additional 2-3 minutes.
5. Add the canned tomatoes, stock, frozen vegetables, and beans to the sautéed vegetables. Bring to a simmer.
6. Simmer the chili for 30 minutes on medium low heat. This will allow the flavors to blend and chili to thicken.

## CHEF'S NOTES

Try adding lean ground beef, turkey or chicken. Just 8oz. will turn this vegetarian dish into a meaty option, while keeping calories and fat low. Topping ideas include avocado, Greek yogurt, sliced jalapenos, lime wedges, green onions, cilantro, cheddar cheese, and homemade tortilla strips. Feel free to adjust the spices to suit your taste! At GCCM, we turn leftover chili into nachos or as a filling for stuffed, baked sweet potatoes.

# Nutrition Facts

8 servings per container

**Serving Size** 1 cup (169 g)

Amount per serving

**Calories** 150

% Daily Value \*

**Total Fat 4.5g** 6%

Saturated Fat 1g 4%

*Trans* Fat 0g

**Cholesterol 0mg** 0%

**Sodium 320mg** 14%

**Total Carbohydrate 22g** 8%

Dietary Fiber 7g 25%

Total Sugars 2g

Includes 0g Added Sugars 0%

**Protein 7g** 14%

Vitamin D 0mcg 0%

Calcium 70mg 5%

Iron 2mg 11%

Potassium 400mg 9%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

