

One Pot Bean Chili



This dish is easy to make, hearty, and filling thanks to protein & fiber packed beans and lots of vegetables!

YIELD 8 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 40 MIN
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INGREDIENTS

1 Tbsp	Olive Oil
1 each	Onion, small dice
1 each	Carrot, peeled, small dice
1 each	Red Bell Pepper, small dice
1 each	Zucchini, small dice
½ tsp	Kosher Salt
2 Tbsp	Chili Powder
2 Tbsp	Cumin, ground
2 tsp	Oregano, ground
1 (15 oz) can	Tomatoes, diced, low sodium
1 cup	Vegetable Stock, low-sodium or homemade
1 cup	Corn, frozen
2 (15 oz) cans	Kidney, Black, or Pinto Beans canned, low sodium, not drained

CHEF'S NOTES

Try with ground turkey or chicken or add additional vegetables. If using meat in this recipe, you can substitute chicken stock for the vegetable stock.

Serving Suggestion: We use this chili to make homemade nachos but you can also serve it alone or with cornbread.

Tasty topping ideas include:

- Tortilla strips
- Nonfat Greek yogurt
- Avocado
- Green Onions & Lime

DIRECTIONS

1. Gather all ingredients and equipment.
2. In a large pot, over medium heat, add the olive oil. Once the oil is hot, add the onion, carrot, and bell pepper; sauté until they start to soften, about 3 minutes.
3. Add the zucchini, salt, chili powder, cumin, and oregano to the pot. Sauté until the vegetables continue to soften, about an additional 2-3 minutes.
4. Add the canned tomatoes, vegetable stock, corn, and beans. Bring to a simmer and cover.
5. Simmer for 20-30 minutes over medium-low heat to allow the flavors to blend and chili to thicken.
6. Serve with your favorite toppings or make into nachos!

Nutrition Facts

8 servings per container

Serving size 1 cup (280g)

Amount Per Serving

Calories 150

% Daily Value*

Total Fat 2g	3%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	7%
Total Carbohydrate 27g	10%
Dietary Fiber 9g	32%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 8g	16%
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 3.2mg	20%
Potassium 620mg	15%

* 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.

Recipe by *Health meets Food* "One Pot Bean Chili" (6/9/19)



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