



Vegetarian Chili

Servings 6 | Prep time 30 mins. | Total time 1 hour

Equipment: Cutting board, Large pot, Can opener, Colander

Utensils: Knife, Spatula, Mixing spoon

Ingredients

Non-stick cooking spray

1 yellow onion, diced

2 green peppers, diced

1 15 ounce can stewed whole tomatoes, NOT drained

2 15 ounce cans no salt added black beans, drained and rinsed

1 15 ounce can corn, drained and rinsed OR 1 1/2 cups frozen corn

1 15 ounces can no salt added kidney beans, drained and rinsed

1 6 ounce can tomato paste

1 ½ teaspoons chili powder

1 teaspoon cayenne pepper

1/2 teaspoon cinnamon (optional)

2 cups water

Instructions

1. Before you begin, wash your hands, surfaces, utensils, produce, and tops of cans.
2. Spray a large pot with nonstick cooking spray.
3. Add onions and peppers to pot. Sauté on medium heat until they just begin to brown.

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Instructions (continued)

4. Add tomatoes with liquid from can, black beans, corn, tomato paste, chili powder, cayenne and cinnamon, if using.
5. Add two cups water, stir, and bring to a boil.
6. Reduce heat and simmer for about 30 minutes, uncovered, stirring occasionally.

Nutritional Information:

Calories 290 Total Fat 3g Sodium 50mg Total Carbs 56g Protein 16g