



Vegetarian Chili

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

Equipment:

Cutting board
Large pot
Can opener

Utensils:

Knife
Spatula
Mixing spoon
Measuring cups and spoons

Ingredients

Non-stick spray
1 onion, diced
2 green bell peppers, diced
1 14.5 ounce can no salt added whole tomatoes with liquid
2 15 ounce cans no salt added black beans, drained and rinsed
1 15 ounce can no salt added corn, drained and rinsed OR 1 1/4 cups frozen corn
1 15.5 ounce can no salt added kidney beans, rinsed and drained
1 6 ounce can tomato paste
1 1/2 teaspoons chili powder
1 teaspoon cayenne pepper
1/2 teaspoon ground cinnamon (optional)
2 cups water

Nutritional Information:

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

Instructions

1. Before you begin, wash your hands, surfaces, utensils, tops of cans, and produce.
2. Spray a large pot with non-stick spray.
3. Add onion and peppers to pot and cook over medium heat until they begin to soften.
4. Add remaining ingredients, stir to combine, and bring to a boil.
5. Reduce heat and simmer for about 30 minutes, stirring occasionally.