



# 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 1/2 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.
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