



## Healthy Vegetarian Chili

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Serves 6

### 12-24 hours before -

Combine in large pot:

1 cup black beans

1 cup navy beans

1 cup kidney (or red variety) beans

6 cups water

Cover and soak for 12 – 24 hours

Drain and rinse before using

(May use one 14oz can each of low-sodium variety beans if time is a factor. Rinse well before using. Will make slightly less.)

### Day of:

2 Tbsp canola oil

1 large onion, chopped

1 large green pepper, chopped

4 -5 cloves garlic, minced

3 Tbsp chili powder

1 Tbsp cumin

½ tsp ground cayenne pepper

½ tsp fresh ground black pepper

5 Roma tomatoes, chopped and seeded

28 ounces canned, low sodium crushed tomatoes

2-3 cups water

1. Heat oil in large heavy-bottomed pot over medium-high heat. Add onion and cook 2-3 minutes, or until it starts to soften. Reduce heat and continue to cook another 3-4 minutes, stirring often, until very soft.
2. Add garlic, chili powder, cumin and cayenne and cook, stirring constantly for about 30 seconds.
3. Stir in tomatoes, beans, water and pepper. Increase heat to high and bring to a boil, stirring often.
4. Reduce heat and simmer, stirring occasionally, about 20-30 minutes, or until the chili has reduced slightly.

### Nutritional Analysis

Serving Size: 1 ½ cups

#### Nutrition Facts (Raw beans)

Serving Size: 1/6 recipe

Calories	440
Total Fat	7g
Saturated Fat	.5g
Cholesterol	0mg
Sodium	240mg
Carbohydrates	76mg
Dietary Fiber	29g
Protein	25g

#### Diabetic Exchanges

Protein	3.5
Fat	1
Carbohydrates	5

#### Nutrition Facts (Canned beans)

Serving Size: 1/6 recipe

Calories	340
Total Fat	6g
Saturated Fat	.5g
Cholesterol	0mg
Sodium	260mg
Carbohydrates	56g
Dietary Fiber	21g
Protein	19g

#### Diabetic Exchanges

Protein	3
Fat	1
Carbohydrates	3.5