

Vegetarian Chili

Nourished Kitchen

Dietitian Consulting



Serves 6

Ingredients

1 tbsp	15 ml	Canola oil
3 cups	750 ml	Frozen "chili mix" vegetables (onions, peppers, corn)
1		Chili pepper, seeded and chopped
1 cup	250 ml	Mushrooms, chopped
2 cloves		Garlic, minced
3 tbsp	45 ml	Chili powder (add more if you like it spicy)
1½ tsp	7 ml	Cumin
1 tbsp	15 ml	Cocoa powder
2 cans	1592 ml	Diced tomatoes, no salt added
1 cup	250 ml	Black beans, drained and rinsed
1 cup	250 ml	Pinto beans, drained and rinsed
1 cup	250 ml	Chickpeas, drained and rinsed
1 tbsp	15 ml	Lemon juice

Directions

1. Heat oil in a large pot on medium-high. Add frozen vegetables, chilies mushrooms and garlic, cover and cook until vegetables are softened. Add chili powder, cumin and cocoa powder and cook for 1 minute more.
2. Add diced tomatoes, pinto beans, black beans and chickpeas. Turn heat to medium low and simmer for 10-15 minutes.

Garnish with shredded lower fat cheese and sliced green onion. Serve chili with a slice of whole grain bread, a whole grain roll or whole grain crackers.