

Bean and Veggie Chili Recipe

Ingredients

- 2 teaspoons canola oil
- 1-pound extra-lean ground beef or extra-lean ground turkey, or 1 10-ounce package frozen meatless crumbles, thawed
- 1 large onion, chopped
- 3 cloves garlic, minced
- 2 ribs celery, chopped
- 1 medium-size green bell pepper, chopped
- 1 medium-size red bell pepper, chopped
- 1 carrot, scrubbed and sliced thinly
- 3 cups vegetable stock (look for reduced sodium)
- 1 15½-ounce can no sodium added pinto beans, drained and rinsed
- 1 15½-ounce can no sodium added white beans, drained and rinsed
- 2 14½-ounce cans diced tomatoes
- 1 6-ounce can no-salt-added tomato paste



Seasonings

- ¼ cup chili powder
- 1 tablespoon each of ground cumin and onion powder
- 1 teaspoon each of dried oregano, garlic powder and ground red pepper
- ½ teaspoon cinnamon

Optional

- 3 green onions, sliced thinly, optional
- ½ cup chopped fresh cilantro, optional
- ½ cup fat-free sour cream

Directions

1. Combine the oil, meat (or turkey or meatless crumbles), onion and garlic in a large pot over medium heat.
2. Cook and stir until the onion is wilted and the meat is lightly browned. About 6 to 8 minutes.
3. Add the remaining ingredients except the optional ones and the sour cream. Stir well, cover and reduce heat; simmer gently for 20 minutes. Adjust the chili powder, oregano and black pepper to taste.
4. Serve with green onions, cilantro and/or sour cream.

Cooking Note

- Double the batch and freeze in individual portions or family-size batches.
- Look for no sodium added canned beans or rinse the beans under running water to remove excess sodium.

Nutrition Information

Serving size: 1½ cups

Calories: 300; Total fat: 12g; Saturated fat: 4.5g; Cholesterol: 35mg; Sodium: 540mg; Carbohydrate: 28g; Dietary fiber: 8g; Protein: 23g

Recipe adapted from the Academy of Nutrition and Dietetics