



## One Pot Bean Chili Nachos

Make big batches of chili to have all week for lunches and dinners. Be creative and use a variety of vegetables and seasonings. This recipe is great with ground turkey or diced chicken.

<u>U.S.</u>		<u>Metric</u>
1/2 each	Onion, yellow or red, small dice	1/2 each
1 each	Carrot, peeled, small dice	1 each
1 each	Bell Pepper, small dice	1 each
1 each	Zucchini, small dice	1 each
2 Tbsp	Olive Oil	30 mL
1/2 tsp	Salt	3 g
2 Tbsp	Chili Powder	16 g
2 Tbsp	Cumin, ground	16 g
2 tsp	Oregano, dried	6 g
1 (15 oz) can	Tomatoes, canned, diced	424 g
1 cup	Vegetable or Chicken Stock, low sodium	237 mL
1 cup	Corn, frozen	113 g
2 (15 oz) can	Canned Beans, low sodium, 2 varieties, not drained	848 g
<i>For Nachos (to make one serving):</i>		
1/4 cup	Torilla Chips	13 g
1/4 cup	Lettuce, romaine, shredded	24 g
3/4 cup	Homemade Chili	425 g
2 Tbsp	Tomatoes, fresh, diced	16 g
1 Tbsp	Cheese, grated	8 g
1 Tbsp	Green Onion, thinly sliced	4 g

### Preparation:

1. Gather all ingredients and equipment.
2. Chop onions, carrot, bell pepper, and zucchini.
3. Place a medium pot over medium heat. Add 2 tablespoons of olive oil. Saute onion, carrot, and bell pepper for 3 minutes.
4. To the sauteed vegetables, add salt, chili powder, cumin, and oregano. Saute for an additional 5 minutes.
5. Add the canned tomatoes, vegetable stock, zucchini, corn, and both kinds of beans to the sauteed vegetables. Bring to a simmer.
6. Simmer for 30 minutes on medium low heat. This will allow the flavors to meld and chili to thicken.
7. To make nachos, place 1/4 cup of tortilla chips on a salad plate. Top with shredded lettuce, 3/4 cup of the completed chili, tomatoes, 1 tablespoon of cheese, and then green onions for a garnish. This chili is delicious topped off with yogurt. Enjoy!

**\*\*Nutrition Facts on Reverse**

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## Nutrition Facts

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4 Servings

**Serving size**                      **1 plate nachos**

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**Amount per serving**

**Calories**                              **290**

Calories from Fat                      35

**Total Fat**                              3.5 g

    Saturated Fat                      1 g

    Trans Fat                              0 g

    Monounsaturated Fat              1 g

**Cholesterol**                          5 mg

**Sodium**                                  330 mg

**Total Carbohydrate**              56 g

    Dietary Fiber                      10 g

    Total Sugars                        4 g

    Includes 0 g Added Sugars

**Protein**                                  11 g

Vitamin D                                0 %

Calcium                                  25 %

Iron                                        15 %

Potassium                              438 mg

Phosphorus                              313 mg

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