



One Pot Bean Chili with Frozen Vege

Try with ground turkey or chicken, or add additional vegetables. Serve with tortilla strips or topped with yogurt.

<u>U.S.</u>		<u>Metric</u>
2 (15 oz) cans	Reduced Sodium Beans (pinto, black, kidney, red, etc.) not drained	848 g
1 (15 oz) can	Tomatoes, canned, chopped	424 g
1 cup	Vegetable or Chicken Stock (look for low sodium, or make your own at home)	237 mL
2 Tbsp	Chili Powder	18 g
2 Tbsp	Cumin, ground	18 g
2 tsp	Oregano, dried	2 g
1/2 tsp	Kosher Salt	2.5 g
1/2 each	Onion, diced	55 g
4 cups	Mixed Frozen Vegetables	452 g

Preparation:

1. Gather all ingredients and equipment.
2. Combine all ingredients in a medium sized saucepan over medium heat. Bring to a simmer.
3. Stir often, keeping on a simmer, for about 30 minutes to allow the flavors to develop and the chili to thicken.
4. To serve, top each serving with 1 Tbsp of cheese and plain yogurt (optional)

Nutrition Facts

Serving size	1.3 cups
Servings	8
Calories	150
Calories from Fat	5
Total Fat	0.5 g
Saturated Fat	0 g
Trans Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	0 mg
Sodium	380 mg
Carbohydrates	28 g
Dietary Fiber	8 g
Sugars	6 g
Protein	8 g
Vitamin A	2 %
Calcium	8 %
Vitamin C	2 %
Iron	4 %

Phosphorus 19 mg

tables