



One Pot Bean Chili

Try with ground turkey or chicken, or add additional vegetables. Other topping ideas include yogurt, sliced jalapeños, avocado, and lime wedges.

U.S.

For Chili:

1 each	Onion, yellow or red, small dice	1 each
1 each	Carrot, peeled, small dice or shredded	1 each
1 each	Red Bell Pepper, small dice	1 each
1 each	Zucchini, small dice or shredded	1 each
2 Tbsp	Olive Oil	30mL
1/2 tsp	Salt	3g
2 Tbsp	Chili Powder	16g
2 Tbsp	Cumin, ground	16g
2 tsp	Oregano, dried	6g
1 (15 oz) can	Tomatoes, canned, diced	1 (424 g) can
1 cup	Vegetable or Chicken Stock, low sodium	237mL
1 cup	Corn, frozen	113g
2 (15 oz) can	Canned Beans, low sodium, 2 varieties, not drained	2 (424 g) can

Optional Garnish:

1 cup	Cheddar Cheese, shredded	120g
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For tortilla strips:

2 each	Corn Tortillas	2 each
As needed	Oil spray	As needed

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 the zucchini, salt, chili powder, cumin, and oregano. Saute for an additional 5 minutes.
5. Add the canned tomatoes, vegetable stock, 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 tortilla strip garnish: Cut tortillas into ¼ inch by 2 inch strips and place on a parchment lined sheet pan, lightly spray the strips with pan spray and bake until golden brown.
8. To serve, top 1 cup chili with 2 Tablespoons of cheese and tortilla strips.

Nutrition Facts

8 Servings

Serving size **1 cup chili with toppings**

Amount per serving

Calories **240**

Total Fat	9 g
Saturated Fat	3 g
Trans Fat	0 g
Monounsaturated Fat	4 g
Cholesterol	15 mg
Sodium	430 mg
Total Carbohydrate	29 g
Dietary Fiber	7 g
Total Sugars	3 g
Includes 0g Added Sugars	
Protein	11 g
Vitamin D	0 %
Calcium	13 %
Iron	8 %
Potassium	200 mg
Phosphorus	85 mg

Nutrition Facts

8 Servings

Serving size **1 cup chili, no toppings**

Amount per serving

Calories **170**

Total Fat	3.5 g
Saturated Fat	0.5 g
Trans Fat	0 g
Monounsaturated Fat	2.5 g
Cholesterol	0 mg
Sodium	340 mg
Total Carbohydrate	26 g
Dietary Fiber	7 g
Total Sugars	3 g
Includes 0g Added Sugars	
Protein	7 g
Vitamin D	0 %
Calcium	5 %
Iron	8 %
Potassium	200 mg
Phosphorus	20 mg
