



## One Pot Bean Chili

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

### U.S.

*For Chili:*

2 (15 oz) cans	Low Sodium Canned Beans (pinto, black, kidney, etc.) not drained	848 g
1 (15 oz) can	Tomatoes, canned, diced	424 g
1 cup	Vegetable or Chicken Stock, low sodium or homemade	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 small	55 g
1 each	Red Bell Pepper, diced small	1 each
1 each	Zucchini, diced small	1 each
1 each	Carrot, diced small	1 each
1 cup	Corn, frozen	113 g
1/2 cup	Cheddar Cheese, shredded	57 g

*For tortilla strips:*

2 each	Tortillas, Corn or whole wheat	2 each
As needed	Oil spray	As needed

### **Preparation:**

1. Gather all ingredients and equipment.
2. Preheat oven to 350°F.
3. Combine all ingredients in a medium sized saucepan over medium heat. Bring to a simmer.
4. Stir often, keeping on a simmer, for 1/2 hour to allow the flavors to develop and the chili to thicken.
5. 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.
6. To serve, top with 1 Tbsp of cheese and tortilla strips.

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

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**Nutrition Facts****Serving size**            **1 cup chili**  
**Servings**                    **7****Calories**                    236  
Calories from Fat            50

Total Fat	6 g
Saturated Fat	3 g
Trans Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	15 mg
Sodium	402 mg
Carbohydrates	30 g
Dietary Fiber	8 g
Sugars	3 g
Protein	13 g
Vitamin A	3 %
Calcium	17 %
Vitamin C	13 %
Iron	11 %
Phosphorus	139 mg

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