



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	240 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	1/2 each
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

Optional Garnish:

1/2 cup	Cheddar Cheese, shredded	57 g
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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. 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 1/4 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 1 cup chili with 1 Tbsp of cheese and tortilla strips.

Nutrition Facts

7 Servings

Serving size **1 cup chili**

Amount per serving

Calories **250**

Calories from Fat 70

Total Fat 7 g

 Saturated Fat 2 g

 Trans Fat 0 g

 Monounsaturated Fat 3.5 g

Cholesterol 10 mg

Sodium 420 mg

Total Carbohydrate 34 g

 Dietary Fiber 9 g

 Total Sugars 4 g

 Includes 0g Added Sugars

Protein 11 g

Vitamin D 0 %

Calcium 15 %

Iron 10 %

Potassium 201 mg

Phosphorus 61 mg
