

FREE SAMPLE RECIPE · HAWKINC KITCHEN

Easy Vegetarian Chili

Two kinds of beans, corn and peppers in one pot. 16 g fiber and 16 g protein, no meat needed.

Makes 5 servings | Serving: 1 1/2 cups | About $1.62 per serving | 10 min + 20 min | 290 calories

Ingredients

- 2 cans (14.5 ounces) diced tomatoes
- 1 can (15.5 ounces) kidney beans, drained and rinsed (or 1 1/2 cups cooked dry beans)
- 1 can (15 ounces) black beans, drained and rinsed (or 1 1/2 cups cooked dry beans)
- 1 cup water
- 2 cups frozen corn
- 1 onion, chopped (about 1 cup)
- 1 green bell pepper, chopped (about 1 cup)
- 1 tablespoon chili powder

Method

1. Put everything in a large saucepan and bring to a boil over high heat.
2. Lower to medium-low and simmer 15-20 minutes, until the onion and pepper are tender.

Swaps: Top with a little cheddar. It also cooks on low in a slow cooker for about 8 hours.

Storage: Refrigerate up to 4 days or freeze up to 3 months.

Nutrition Facts

Per serving (1 1/2 cups)

Calories	**290**
Total Fat	2 g
Saturated Fat	0 g
Sodium	620 mg
Total Carbohydrate	56 g
Dietary Fiber	16 g
Total Sugars	8 g
Added Sugars	0 g
Protein	16 g
Calcium	98 mg
Iron	4 mg
Potassium	1033 mg

Why it's good for you

- Beans are rich in fiber and plant protein.[1]
- High-fiber meals help you feel full.[2]

[1] Harvard T.H. Chan School of Public Health, The Nutrition Source: Legumes and Pulses, https://nutritionsource.hsph.harvard.edu/legumes-pulses/ [2] Harvard T.H. Chan School of Public Health, The Nutrition Source: Fiber, https://nutritionsource.hsph.harvard.edu/carbohydrates/fiber/

Recipe adapted from Iowa State University Extension and Outreach, Spend Smart. Eat Smart.: https://spendsmart.extension.iastate.edu/recipe/vegetarian-chili-2/. Nutrition per serving and cost as published by the source; method rewritten. General information, not medical advice.

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