

Chunky Vegetarian Chili

This is a great recipe for the fall. It's a hearty meal that will satisfy your hunger and warm you up! If you're on a low-sodium diet, take a look at the note included to decrease the sodium content of this recipe.

1 tbsp. vegetable oil
2 cups chopped onion
½ cup chopped yellow bell pepper
½ cup chopped green bell pepper
2 garlic cloves, minced
1 tbsp. brown sugar
1 ½ tbsp. chili powder
1 tsp. ground cumin
1 tsp. dried oregano
½ tsp. salt
½ tsp. black pepper
2 (16-ounce each) cans stewed tomatoes, undrained
2 (15-ounce each) cans black beans, rinsed and drained
1 (15-ounce) can kidney beans, rinsed and drained
1 (15-ounce) can pinto beans, rinsed and drained

Steps:

1. Heat the oil in a Dutch oven over medium-high heat. Add onion, bell peppers, garlic, sauté 5 minutes or until tender.
2. Add sugar and remaining ingredients and bring to a boil.
3. Reduce heat and simmer for 30 minutes.

Yield: 8 cups, serving size: 1 cup

Nutrition Analysis for 1 cup:

Calories: 257

Total Fat: 2.7g

Saturated Fat: 0.3g

Monounsaturated Fat: 0.5g

Polyunsaturated Fat: 1.2g

Protein: 12.8g

Carbohydrate: 48.8g (Note: the carbohydrates in this recipe are the healthy types!)

Fiber: 14.2

Cholesterol: 0mg

Iron: 4.5mg

Sodium: 876mg (Note: you can decrease the sodium content in this recipe by eliminating the salt and substituting with "no added salt" canned tomatoes.)

Calcium: 150mg

Recipe courtesy of *Cooking Light* December 2003.