

Roasted Veggie Chili

Ingredients:

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| 1 jalapeno, diced
½ cup fresh tomatoes, chopped
1 carrot, chopped
¼ cup parsley, chopped
¾ cup red onion, chopped
1 green bell pepper, chopped
1 tbsp. apple cider vinegar
1 ½ tbsp. extra virgin olive oil
½ tsp. salt
½ tsp. black pepper
1 tsp. chili powder
½ tsp. garlic powder
2 tsp. cummin
1 tsp. ground ginger
3 garlic cloves
¾ cup red onion, chopped
1 cup baby spinach | 1 ¼ cup celery, diced
¾ cup red bell peppers
¼ cup corn
2 tbsp. extra virgin olive oil
2 tbsp. chipotle in adobo sauce
4 cup canned tomatoes, fire roasted
1 tsp. salt
1 tsp. chili powder
1 tbsp. chipotle in adobo sauce
⅛ tsp. cayenne powder
⅓ cup tomato paste
3 tbsp. lime juice
1 pound kidney beans
½ pound pinto beans
13 cups water
8 cups low sodium vegetable broth |
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Nutrition Facts	
Serving Size 2 cups (453g)	
Servings Per Container 20	
Amount Per Serving	
Calories 170	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 400mg	17%
Total Carbohydrate 28g	9%
Dietary Fiber 10g	40%
Sugars 5g	
Protein 9g	
Vitamin A 25%	Vitamin C 45%
Calcium 8%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Directions:

1. Soak the beans overnight in the vegetable broth and water.
2. Drain beans, reserve 3 cups of the soaking liquid.
3. Arrange the first 8 ingredients, poblano pepper, jalapeno, cherry tomatoes, carrot, tomato, parsley, red onion, and green bell pepper, on a baking sheet.
4. Toss with the apple cider vinegar, olive oil, salt, pepper, chili powder and garlic powder.
5. Roast in oven at 400 degrees until caramelized (about 30 minutes).
6. Turn oven to low and leave veggies to stay warm.
7. In a large pot, add the red onion, garlic, baby spinach, celery, red bell pepper, corn, olive oil, chipotle chili in adobo sauce, cumin, ginger and molasses.
8. Bring to high heat, then reduce to a simmer. Cook for about 10 minutes.
9. On low heat, add the roasted vegetables and soaked beans. 11. Add 2 cups of the soaking liquid.
10. Add fire roasted tomatoes, salt, chili powder, 1 chipotle in adobo, cayenne, tomato paste, juice of 1 lime and 1 bay leaf.
11. Simmer on low until hot.