

Black Bean and Vegetable Chili

Ingredients:

- 1 large onion, coarsely chopped
- 1 can (16 oz.) low-sodium whole tomatoes, undrained, coarsely chopped
- 2/3 cup picante sauce
- 1 1/2 tsp. ground cumin
- 1/4 tsp. salt
- 1/2 tsp. dried basil leaves, crumbled
- 1/3 cup fresh cilantro, chopped
- 2 cans (16oz.) low-sodium black beans, drained
- 1 tbsp. lime juice
- 1 green and 1 red bell pepper, cut into 3/4" pieces
- 1 large yellow squash or zucchini, cut into 1/2" chunks (about 2 cups)
- 2 cups frozen corn (optional)
- Cilantro leaves



Servings: 10



*SOY FREE

Instructions:

1. In large saucepan or Dutch oven, cook onion in tomato juice from canned tomatoes until tender, about 3 minutes.
2. Add tomatoes, picante sauce and seasonings. Cover; simmer 5 minutes.
3. Stir in beans, peppers and squash; cover and simmer until vegetables are tender, about 15 minutes.
4. Ladle into bowls; top as with cilantro leaves and serve with additional picante sauce or serve over cooked brown rice.
5. Makes 10 servings. Serving size: 3/4 cup

Nutrition Facts

10 servings per container
Serving size 3/4 cup (223g)

Amount per serving

Calories 110

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 190mg 8%

Total Carbohydrate 20g 7%

Dietary Fiber 6g 21%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 6g

Vitamin D 0mcg 0%

Calcium 62mg 4%

Iron 2mg 10%

Potassium 343mg 8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.