

# Vegetarian Chili

## Ingredients

- 1 tbsp vegetable oil
- 1/3 cup onions, chopped
- 1 tsp garlic, minced
- 1/4 tsp cumin
- 1/4 tsp chili powder
- 1/4 tsp pepper
- 1 tbsp tomato paste, no salt added
- 1/2 cup water
- 1-1/2 cups canned kidney beans, low sodium
- 1-1/2 cups canned pinto beans, low sodium
- 1/4 cup carrots
- 2 cups canned diced tomatoes, no salt added
- 1/2 cup canned green chili peppers
- 1/2 cup corn
- 1/4 tsp oregano
- 1/4 tsp kosher salt
- 1 cup shredded cheddar cheese, low fat

## Notes

**Number of Portions:** 4

**Serving Size:** 3/4 cup

**Nutrition Facts:** 196 calories, 8.5 g fat, 4.26 g saturated fat, 438 mg sodium, 21.21 g carbohydrate, 5.16 g fiber, 4.6 g sugar, 11.23 g protein

## Directions

1. Heat oil in a large pot over medium heat. Sauté onions and garlic until translucent.
2. Add cumin, chili powder, and pepper and sauté. Add tomato paste and cook until slightly browned, ensuring not to burn.
3. Add water and cook until bottom of skillet is deglazed. Add all remaining ingredients except oregano and salt.
4. Reduce heat and simmer for an hour. Add oregano and salt and simmer to incorporate flavors. Remove from heat and serve hot. Add 2 tbsp of cheese to each portion of chili.

