

## VEGETARIAN CHILI

From USDA SNAP-Ed Recipe Finder

<http://recipefinder.nal.usda.gov/>

### **Ingredients**

- 2 large onions - cut into 1/4 inch pieces
- 1 green bell pepper - cut into 1/4 inch pieces
- 3 garlic cloves
- 2 fresh, diced jalapeno chilies
- 2 Tbsp. vegetable-oil
- 1 Tbsp. chili powder
- 1 Tbsp. ground cumin
- 1 can (28 ounce) whole tomatoes - cut into 1/4 inch pieces (or 8 medium fresh tomatoes)
- 2 medium zucchini - cut into 1/4 inch pieces
- 2 medium summer squash - cut in to 1/4 inch pieces
- 1 can (16 ounce) ounces rinsed kidney beans
- 1 cup chopped, fresh cilantro (or coriander)
- Salt and pepper to taste

### **Instructions**

1. In a large pot sauté onions, bell pepper, garlic, and jalapeno in oil over medium high heat for about 5 minutes - stirring often.
2. Add chili powder, cumin, half of the chopped cilantro, salt and pepper, and continue cooking for another 3 minutes, stirring occasionally.
3. Add the tomatoes, zucchini, squash, and bring mixture to a simmer.
4. Simmer for 15 minutes, stirring occasionally.
5. Add beans, and continue to simmer for another 5 minutes.
6. Serve the mixture hot. Put remaining cilantro on top.

Makes 4 servings

### **Cost**

Per Recipe: \$ 6.28

Per Serving: \$ 1.57

### **Nutritional Information per serving (4 servings)**

Calories: 330

Calories from fat: 90

Total fat: 10g

Saturated fat: 1g

Trans fat: 0g

Cholesterol: 0mg

Sodium: 270mg

Total carbohydrate: 49g

Dietary fiber: 14g

Sugars: 19g

Protein: 13g

Vitamin A: 70%

Vitamin C: 190%

Calcium: 20%

Iron: 25%

Percent Daily Values are based on a 2,000 calorie diet.



**Wellness Center**