

# Hearty Veggie Chili

Serves 8



## Ingredients:

- 2 Tablespoons olive oil
- 1 medium red onion, diced small
- 1 large red bell pepper, diced small
- 2 medium carrots, diced small
- 2 stalks celery, diced small
- 1 sweet potato, diced small
- ½ teaspoons salt
- 4 cloves garlic, minced
- 2 Tablespoons jalapeño, seeds removed, then minced
- 2 ½ Tablespoons chili powder
- 1 Tablespoon cumin
- 2 teaspoons smoked paprika
- 1 teaspoon dried oregano
- ¼ teaspoon cayenne
- (1) 28-ounce can diced tomatoes
- (2) 15-ounce cans low-sodium black beans, rinsed and drained
- (1) 15-ounce can low-sodium pinto beans, rinsed and drained
- 2 cups low-sodium vegetable broth
- 1 bay leaf
- 2 teaspoons red wine vinegar

## Instructions:

1. Heat olive oil in skillet or stockpot over medium heat. Add onion, bell pepper, carrot, celery, and salt. Stir to combine and cook until vegetables are tender, 7 to 10 minutes.
2. While vegetables are cooking, stir together chili powder, cumin, smoked paprika, oregano, and cayenne in a small bowl. When vegetables are tender, add the garlic, jalapeño, bay leaf and spice mixture. Stir and cook until fragrant, about 2 minutes.
3. Add tomatoes with their juices, drained beans, and broth. Stir to combine and bring to a simmer. Reduce heat and continue cooking on a low simmer for 20 to 30 minutes. Remove chili from heat and stir in red wine vinegar.
4. Carefully remove 1 cup of the chili to a quart container and pulse quickly with immersion blender until the chili has a thick consistency. Add blended chili back into the pot or skillet and stir to give the chili a thicker consistency.
5. Serve hot topped with garnishes of your choice.

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### Nutrition Facts

**Serving Size** 1 × 8 Serving

**Amount Per Serving**

**Calories** 314

**% Daily Value\***

<b>Total Fat</b>	5.3 g	7 %
Saturated Fat	0.8 g	4 %
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	0 %
<b>Sodium</b>	448.3 mg	19 %
<b>Total Carbohydrate</b>	54 g	20 %
Dietary Fiber	18.7 g	67 %
Total Sugars	6.8 g	
Added Sugars	0.3 g	1 %
<b>Protein</b>	14.9 g	
Vitamin D	0 mcg	0 %
Calcium	148.7 mg	11 %
Iron	4.7 mg	26 %
Potassium	1039.8 mg	22 %

\* The % Daily Value (DV) 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.

[Full Info at cronometer.com](http://cronometer.com)

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