



Big-Batch Veggie Chili



Vegetarian



Gluten Free

READY IN



55 min.

SERVINGS



15

CALORIES



307 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 30 oz black beans drained and rinsed canned
- ☐ 29 oz tomatoes diced undrained canned
- ☐ 30 oz cannellini beans drained and rinsed canned
- ☐ 8 oz tomato sauce canned
- ☐ 2 large carrots diced
- ☐ 3.6 oz chili seasoning kit
- ☐ 15 servings toppings: cilantro fresh shredded sour chopped
- ☐ 1 cup kernel corn whole frozen

- ☐ 1 medium onion diced
- ☐ 3 cups sacramento tomato juice
- ☐ 1 tablespoon vegetable oil
- ☐ 1 baby squash yellow chopped
- ☐ 1 large zucchini chopped

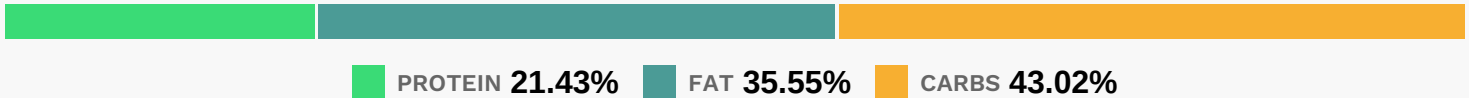
Equipment

- ☐ dutch oven

Directions

- ☐ Saut carrots and onion in hot oil in a 5- to 6-qt. Dutch oven over medium heat 7 minutes or until onions are translucent. Stir in half of red pepper packet from chili kit; stir in all of remaining packets. Saut mixture 2 minutes. Stir in tomato sauce and next 7 ingredients.
- ☐ Bring to a boil; cover, reduce heat to medium low, and simmer, stirring occasionally, 30 minutes or until vegetables are tender.
- ☐ Serve with desired toppings.
- ☐ Note: We tested with Wick Fowler's 2 Alarm Chili Kit.

Nutrition Facts



Properties

Glycemic Index:15.94, Glycemic Load:1.86, Inflammation Score:-10, Nutrition Score:24.268695634344%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg

Nutrients (% of daily need)

Calories: 307.2kcal (15.36%), Fat: 12.78g (19.66%), Saturated Fat: 6.23g (38.92%), Carbohydrates: 34.81g (11.6%), Net Carbohydrates: 24g (8.73%), Sugar: 5.97g (6.64%), Cholesterol: 30mg (10%), Sodium: 600.96mg (26.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.34g (34.68%), Vitamin A: 5698.74IU (113.97%), Fiber: 10.8g (43.21%), Phosphorus: 343.24mg (34.32%), Manganese: 0.66mg (32.88%), Calcium: 312.11mg (31.21%), Folate: 120.71µg (30.18%), Vitamin C: 24.73mg (29.98%), Potassium: 955.66mg (27.3%), Iron: 4.54mg (25.23%), Vitamin B2: 0.42mg (24.79%), Vitamin B6: 0.47mg (23.7%), Magnesium: 91.78mg (22.95%), Vitamin E: 3.15mg (20.97%), Copper: 0.37mg (18.58%), Vitamin B1: 0.27mg (18%), Selenium: 12.39µg (17.7%), Zinc: 2.43mg (16.17%), Vitamin K: 13.63µg (12.98%), Vitamin B3: 2.53mg (12.63%), Vitamin B5: 0.89mg (8.9%), Vitamin B12: 0.32µg (5.3%), Vitamin D: 0.18µg (1.2%)