



Jane's Vegetarian Chili



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



269 kcal

SIDE DISH

Ingredients

- ☐ 15 ounce black beans rinsed drained canned
- ☐ 15.5 ounce garbanzo beans rinsed drained canned (garbanzo beans)
- ☐ 29 ounce tomatoes diced undrained canned
- ☐ 15 ounce kidney beans rinsed drained canned
- ☐ 16 ounce .5 can cannellini beans white rinsed drained canned
- ☐ 2 tablespoons chili powder
- ☐ 3 garlic minced
- ☐ 1 tablespoon olive oil

- ☐ 2 cups onion chopped
- ☐ 2 tablespoons sugar
- ☐ 6 ounce tomato paste canned
- ☐ 4 cups water divided
- ☐ 2 tablespoons worcestershire sauce

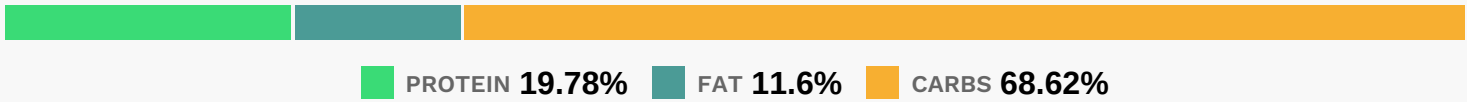
Equipment

- ☐ bowl
- ☐ ladle
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Heat oil in a large Dutch oven over medium-high heat.
- ☐ Add onion and garlic; saut 3 minutes or until tender.
- ☐ Add 3 cups water and next 8 ingredients (through cannellini beans), stirring to combine.
- ☐ Combine remaining cup of water and tomato paste in a bowl, stirring with a whisk until blended. Stir tomato paste mixture into bean mixture. Bring to a boil; reduce heat, and simmer 5 minutes or until thoroughly heated. Ladle soup into bowls. Top with cheese, if desired.

Nutrition Facts



Properties

Glycemic Index:33.05, Glycemic Load:9.09, Inflammation Score:0, Nutrition Score:18.874347748964%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.65mg, Quercetin: 8.65mg, Quercetin: 8.65mg, Quercetin: 8.65mg

Nutrients (% of daily need)

Calories: 269.1kcal (13.46%), Fat: 3.74g (5.76%), Saturated Fat: 0.54g (3.37%), Carbohydrates: 49.77g (16.59%), Net Carbohydrates: 34.85g (12.67%), Sugar: 11.29g (12.54%), Cholesterol: 0mg (0%), Sodium: 1025.54mg (44.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.35g (28.69%), Fiber: 14.92g (59.67%), Manganese: 0.98mg (48.79%), Iron: 5.89mg (32.73%), Vitamin B6: 0.6mg (29.77%), Potassium: 925.81mg (26.45%), Vitamin C: 20.01mg (24.25%), Copper: 0.48mg (23.97%), Phosphorus: 216.74mg (21.67%), Vitamin A: 1052.11IU (21.04%), Folate: 79.28µg (19.82%), Magnesium: 78.61mg (19.65%), Vitamin E: 2.65mg (17.67%), Vitamin B1: 0.24mg (15.73%), Calcium: 152.76mg (15.28%), Vitamin B2: 0.23mg (13.74%), Vitamin B3: 2.37mg (11.83%), Vitamin K: 10.97µg (10.45%), Zinc: 1.46mg (9.74%), Selenium: 4.41µg (6.3%), Vitamin B5: 0.56mg (5.56%)