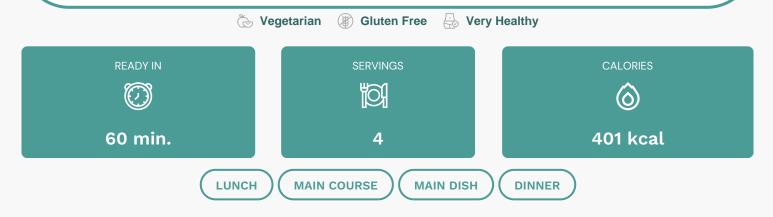


# My Favourite Vegan Chili with Homemade Sour Cream



### **Ingredients**

1 large bell pepper red seeded diced
15 oz kidney beans drained and rinsed canned
15 oz navy beans drained and rinsed canned
28 oz canned tomatoes diced with juices canned
115 g celery finely chopped ( 2 large stalks)
2 tablespoons chili powder
4 servings cashew cream sour

	0.5 teaspoon grain sea salt to taste fine
	4 servings cilantro leaves fresh chopped
	4 large cloves garlic minced
	4 servings green onions chopped
	0.3 teaspoon ground pepper
	2 teaspoons ground cumin
	1 teaspoon hot sauce
	80 g jalapeños seeded finely chopped (if desired)
	1.5 tablespoons olive oil extra-virgin
	1 teaspoon oregano dried
	280 g onion diced sweet (1 medium/large)
	90 mL tomato paste
	250 mL vegetable broth low-sodium
Equipment	
	pot
Directions	
	In a large pot, saut the onion and the garlic in the oil over medium heat until soft and translucent, about 5 minutes. Season with a pinch of salt and stir.
	Add the jalapeos, celery, and bell pepper and saut for another 5 to 7 minutes or so, until softened. Now add the can of diced tomatoes (with the juice), broth, and tomato paste. Stir tombine. Increase heat to medium-high.
	Add the drained and rinsed beans, along with the chili powder, cumin, oregano, and salt. Simmer the mixture, uncovered, until thickened, about 10 to 15 minutes.
	Add the cayenne and hot sauce to taste, if using. Taste and season with additional salt if desired.
	Serve with Cashew Sour Cream, chopped green onion, and cilantro leaves, if desired.

## **Nutrition Facts**

#### **Properties**

Glycemic Index:82.25, Glycemic Load:8.21, Inflammation Score:-10, Nutrition Score:37.04869593356%

#### **Flavonoids**

Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Apigenin: 0.84mg, Apigenin: 0.84mg, Apigenin: 0.84mg, Apigenin: 0.84mg, Apigenin: 0.84mg, Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 13.12mg, Quercetin: 13.12mg, Quercetin: 13.12mg

#### Nutrients (% of daily need)

Calories: 400.7kcal (20.04%), Fat: 9.96g (15.33%), Saturated Fat: 2.38g (14.87%), Carbohydrates: 65.72g (21.91%), Net Carbohydrates: 46.91g (17.06%), Sugar: 17.67g (19.63%), Cholesterol: 7.08mg (2.36%), Sodium: 1649.79mg (71.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.17g (38.34%), Vitamin C: 109.12mg (132.26%), Fiber: 18.81g (75.23%), Vitamin A: 3643.7IU (72.87%), Manganese: 1.28mg (63.79%), Vitamin K: 54.02µg (51.44%), Vitamin E: 7.26mg (48.37%), Potassium: 1652.84mg (47.22%), Vitamin B6: 0.93mg (46.4%), Iron: 8.16mg (45.36%), Folate: 170.44µg (42.61%), Phosphorus: 389.38mg (38.94%), Copper: 0.74mg (36.99%), Magnesium: 145.93mg (36.48%), Vitamin B1: 0.46mg (30.76%), Vitamin B2: 0.43mg (25.3%), Calcium: 234.98mg (23.5%), Vitamin B3: 4.68mg (23.38%), Zinc: 2.51mg (16.72%), Selenium: 11.25µg (16.07%), Vitamin B5: 1.03mg (10.27%)