



## My Favourite Vegan Chili with Homemade Sour Cream



Vegetarian



Gluten Free



Very Healthy

READY IN



60 min.

SERVINGS



4

CALORIES



401 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### 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 to combine. 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



 PROTEIN **17.86%**  FAT **20.89%**  CARBS **61.25%**

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 Apigenin: 0.84mg, Apigenin: 0.84mg, Apigenin: 0.84mg, Apigenin: 0.84mg Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg Quercetin: 13.12mg, Quercetin: 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: Og (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%)