



WHATSheATE



HEALTH SCORE

65%

Slow Cooker Vegan Chickpea Chili



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



270 min.

SERVINGS



8

CALORIES



493 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



0.5 tsp allspice



14.5 oz canned tomatoes diced canned



2 medium carrots diced peeled



2 ribs celery diced



1.5 tsp chili powder



8 servings cilantro leaves fresh for garnish



0.3 tsp cinnamon



1 tsp cumin

- ☐ 1.5 tsp curry powder
- ☐ 5.3 cups chickpeas cooked drained canned (or 3 cans chickpeas 15 oz. each,)
- ☐ 2 tbsp garlic chopped
- ☐ 0.5 tsp ginger
- ☐ 0.3 cup olive oil
- ☐ 2 medium onion diced
- ☐ 2 cups cashew pieces raw
- ☐ 2 small bell pepper diced red
- ☐ 2 tsp salt divided
- ☐ 1 tsp paprika smoked
- ☐ 2 tsp sugar
- ☐ 1 medium sweet potatoes and into diced peeled
- ☐ 3.5 cups vegetable stock
- ☐ 0.3 cup vinegar white
- ☐ 1 large frangelico (6 quart or larger)
- ☐ 6 quart frangelico

Equipment

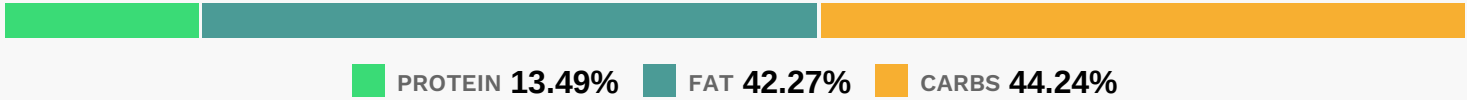
- ☐ frying pan
- ☐ sauce pan
- ☐ spatula
- ☐ slow cooker

Directions

- ☐ In a large saucepan, heat the olive oil over medium-high heat.
- ☐ Add carrots, celery, onions, bell pepper and 1 tsp salt. Cook on medium for about 20 minutes, stirring occasionally, till the vegetables soften and have nice color.
- ☐ Add the garlic and cook for 1-2 additional minutes till fragrant.
- ☐ Pour the vegetable mixture evenly to cover the bottom of the slow cooker.

- ☐ Pour the vegetable mixture evenly to cover the bottom of the slow cooker. Return the saucepan to medium heat and add the fire roasted tomatoes and vinegar. Use a spoon/spatula to scrape up any brown bits that remain in the pan. Once the mixture begins to boil, turn off the heat. Continue to scrape up as many of the brown bits as you can.
- ☐ Add the mixture to the slow cooker.
- ☐ Add remaining ingredients and spices to the slow cooker (reserve garnish), stir to combine and cover. Cook for 4 hours on high setting. After 2 hours, check your moisture level and add more stock if desired. Continue cooking for remaining 2 hours, or until chili is cooked through.
- ☐ Serve warm, garnish with parsley or cilantro if desired.

Nutrition Facts



Properties

Glycemic Index:66.73, Glycemic Load:13.35, Inflammation Score:-10, Nutrition Score:30.738695642223%

Flavonoids

Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg

Nutrients (% of daily need)

Calories: 492.62kcal (24.63%), Fat: 24.07g (37.03%), Saturated Fat: 3.8g (23.77%), Carbohydrates: 56.66g (18.89%), Net Carbohydrates: 44.2g (16.07%), Sugar: 14.27g (15.85%), Cholesterol: 0mg (0%), Sodium: 1128.95mg (49.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.28g (34.57%), Vitamin A: 7921.68IU (158.43%), Manganese: 1.9mg (94.91%), Copper: 1.17mg (58.71%), Folate: 217.57µg (54.39%), Fiber: 12.46g (49.84%), Phosphorus: 414.37mg (41.44%), Magnesium: 164.74mg (41.19%), Vitamin C: 30.86mg (37.41%), Iron: 6.43mg (35.73%), Vitamin K: 27.33µg (26.03%), Zinc: 3.83mg (25.51%), Vitamin B6: 0.51mg (25.26%), Potassium: 812.07mg (23.2%), Vitamin B1: 0.33mg (21.8%), Vitamin E: 2.5mg (16.67%), Selenium: 11.32µg (16.17%), Calcium: 117.8mg (11.78%), Vitamin B5: 1mg (9.95%), Vitamin B2: 0.15mg (9.05%), Vitamin B3: 1.59mg (7.95%)