



Slow-Cooker Veggie Chili



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



523 min.

SERVINGS



15

CALORIES



143 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 29 oz tomatoes diced undrained canned
- ☐ 8 oz tomato sauce canned
- ☐ 1 cup carrots diced
- ☐ 0.5 cup celery stalks diced
- ☐ 1 tablespoon chili powder
- ☐ 1 cup corn whole frozen
- ☐ 1 teaspoon basil dried
- ☐ 16 oz mushrooms fresh sliced

- ☐ 60 oz kidney beans black rinsed drained canned
- ☐ 1 teaspoon pepper
- ☐ 1 medium size onion diced sweet
- ☐ 3 cups sacramento tomato juice
- ☐ 1 cup to 3 sized squashes yellow chopped
- ☐ 1.5 cups zucchini chopped

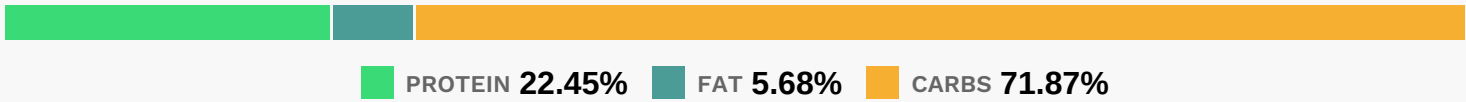
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Saut first 3 ingredients in a large nonstick skillet coated with cooking spray over medium-high heat 10 minutes or until onions are translucent.
- ☐ Add mushrooms, zucchini, and squash; saut 3 more minutes.
- ☐ Add chili powder and next 2 ingredients, and saut 5 more minutes.
- ☐ Stir together tomato sauce and tomato juice in a 6-qt. slow cooker until smooth. Stir in diced tomatoes, next 2 ingredients, and carrot mixture. Cover and cook on LOW 8 hours.
- ☐ Note: Cool leftovers, and freeze in plastic freezer containers or zip-top plastic freezer bags for up to 2 months.

Nutrition Facts



Properties

Glycemic Index:21.21, Glycemic Load:7.08, Inflammation Score:-9, Nutrition Score:15.205652428062%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg

Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg

Nutrients (% of daily need)

Calories: 143.45kcal (7.17%), Fat: 0.98g (1.5%), Saturated Fat: 0.17g (1.09%), Carbohydrates: 27.76g (9.25%), Net Carbohydrates: 19.54g (7.11%), Sugar: 8.34g (9.27%), Cholesterol: 0mg (0%), Sodium: 483.33mg (21.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.67g (17.34%), Vitamin A: 1988.44IU (39.77%), Fiber: 8.22g (32.9%), Manganese: 0.54mg (27.12%), Vitamin C: 21.93mg (26.59%), Potassium: 790.18mg (22.58%), Copper: 0.39mg (19.36%), Phosphorus: 192.87mg (19.29%), Vitamin B2: 0.29mg (17.28%), Vitamin B6: 0.34mg (17.19%), Folate: 66.44µg (16.61%), Iron: 2.8mg (15.57%), Magnesium: 59.87mg (14.97%), Vitamin B1: 0.22mg (14.9%), Vitamin B3: 2.88mg (14.4%), Vitamin K: 12.64µg (12.04%), Vitamin B5: 0.93mg (9.3%), Zinc: 1.22mg (8.1%), Calcium: 73.49mg (7.35%), Vitamin E: 1.08mg (7.18%), Selenium: 4.64µg (6.63%)