



## Smokey Rainbow Chili

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



218 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 tablespoons olive oil
- 2 small zucchini halved cut into small chunks
- 1 bell pepper red crisp chopped (keep the pieces a bit big...helps to keep them )
- 1 and orange peppers chopped
- 1 jalapeno fresh diced seeded
- 4 cloves garlic minced
- 1 onion chopped
- 28 ounce stewed tomatoes with liquid (here is where i would have used fire roasted...they just don't exist here in saudi) canned

- 6 ounce canned tomatoes canned
- 15 ounce black beans drained and rinsed canned
- 15 ounce corn whole drained canned
- 15 ounce beans red drained and rinsed canned
- 0.5 tablespoon paprika smoked
- 1 teaspoon chili powder
- 0.5 teaspoon oregano dried
- 0.5 teaspoon pepper black
- 0.3 teaspoon ground pepper to taste

## Equipment

- pot

## Directions

- (if using meat...brown the meat really well, remove and set aside.
- Add the meat after sauteing the veggies)
- Heat oil in a large pot over medium-high heat. Stir in zucchini, red bell pepper, orange bell pepper, jalapeno, garlic, and onion. Cook 5 minutes, just until tender.
- Add tomatoes with liquid, tomato paste, black beans, corn, and kidney beans into the pot. Season with smoked paprika, chili powder, oregano, black pepper, and cayenne pepper. Bring to a boil.
- Reduce heat to low and simmer 1 hour, stirring occasionally. (depending on how big you cut the veggies, you may want to let it simmer a little longer)

## Nutrition Facts



## Properties

Glycemic Index:42.75, Glycemic Load:4.02, Inflammation Score:-9, Nutrition Score:17.660869565217%

## Flavonoids

Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg

## **Nutrients (% of daily need)**

Calories: 218.08kcal (10.9%), Fat: 5.18g (7.97%), Saturated Fat: 0.78g (4.9%), Carbohydrates: 36.47g (12.16%), Net Carbohydrates: 27.01g (9.82%), Sugar: 8.14g (9.05%), Cholesterol: 0mg (0%), Sodium: 683.14mg (29.7%), Protein: 9.43g (18.86%), Vitamin C: 59.54mg (72.17%), Fiber: 9.46g (37.83%), Vitamin A: 1546.68IU (30.93%), Manganese: 0.57mg (28.52%), Folate: 93.95µg (23.49%), Potassium: 820.85mg (23.45%), Iron: 3.9mg (21.68%), Copper: 0.39mg (19.32%), Phosphorus: 190.57mg (19.06%), Magnesium: 69.25mg (17.31%), Vitamin E: 2.44mg (16.28%), Vitamin B1: 0.24mg (16.15%), Vitamin B6: 0.32mg (15.77%), Vitamin B2: 0.22mg (13.06%), Vitamin B3: 2.53mg (12.67%), Vitamin K: 12.57µg (11.97%), Calcium: 93.44mg (9.34%), Zinc: 1.24mg (8.26%), Vitamin B5: 0.54mg (5.41%), Selenium: 2.47µg (3.53%)