








 **34%**  
HEALTH SCORE

# Smoky Chipotle Vegetarian Chili

 Vegetarian  Gluten Free

READY IN  
  
**75 min.**

SERVINGS  
  
**10**

CALORIES  
  
**354 kcal**

LUNCH MAIN COURSE MAIN DISH DINNER

## Ingredients

- 2 juice of lime diced with lime juice peeled seeded
- 1 bottle beer dark canned (Negra Modelo if you can find it)
- 15 ounce black beans rinsed drained canned
- 30 ounce kidney beans rinsed drained canned
- 15 ounce pinto beans rinsed drained canned
- 7 ounce pepper flakes green canned
- 2 tablespoons chili powder
- 1 bunch cilantro leaves for garnish (leaves reserved )

- 1 Leaves cilantro leaves
- 45 ounce canned tomatoes diced canned
- 3 cloves garlic
- 2 tablespoons ground cumin
- 2 lime cut into thin wedges
- 1 cup monterrey jack cheese shredded
- 1 tablespoon olive oil
- 1 and orange peppers red chopped (if unavailable, double on )
- 1 tablespoon oregano dried
- 1 bell pepper red chopped
- 2 teaspoons salt
- 8 ounces cream sour
- 2 large onion sweet chopped
- 2 cups vegetable stock
- 1 bell pepper yellow chopped
- 1 to 3 sized squashes diced yellow
- 2 medium zucchini diced

## Equipment

- food processor
- bowl
- pot
- stove
- slow cooker

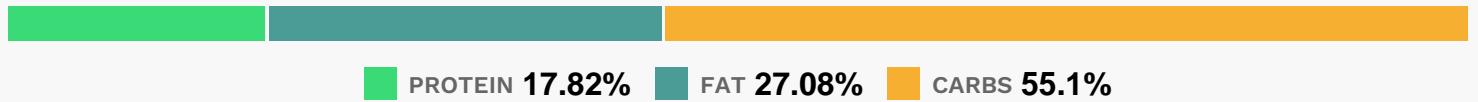
## Directions

- Make the chili
- To make the Smoky Chipotle Vegetarian Chili in your slow cooker, see the Slow Cooker Variation below. To make the Smoky Chipotle Vegetarian Chili on the stovetop, heat the olive

oil in a large pot over medium heat.

- Add the onions and peppers and saut until theyre beginning to caramelize, about 8 minutes.
- Add the zucchini and yellow squash and saut until tender, about 5 minutes.
- In the meantime, combine the garlic cloves, cilantro stems, green chiles, and chipotle chiles in a small food processor and process until minced.
- Add 1/2 cup of the stock and pulse to combine or stir together in a bowl.
- Add the chile mixture and the tomatoes to the pot and bring to a simmer.
- Add the beans, salt, chili powder, cumin, oregano, beer, and the remaining 1 1/2 cups stock. Simmer, uncovered, stirring frequently, until the chili thickens and the vegetables soften, about 30 minutes.
- Serve the chili
- Remove the pot of chili from the heat and plonk it on another burner, the countertop, or the table.
- Place each garnish in a bowl and call your guests. (The chili is best if made the night before and rewarmed gently over low heat. It can keep in the refrigerator for up to a week.)

## Nutrition Facts



## Properties

Glycemic Index:50.15, Glycemic Load:8.68, Inflammation Score:-10, Nutrition Score:25.376956667589%

## Flavonoids

Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 6.3mg, Hesperetin: 6.3mg, Hesperetin: 6.3mg, Hesperetin: 6.3mg Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg Quercetin: 10.63mg, Quercetin: 10.63mg, Quercetin: 10.63mg, Quercetin: 10.63mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

## Nutrients (% of daily need)

Calories: 353.93kcal (17.7%), Fat: 10.85g (16.69%), Saturated Fat: 4.92g (30.77%), Carbohydrates: 49.65g (16.55%), Net Carbohydrates: 35.82g (13.03%), Sugar: 13.48g (14.97%), Cholesterol: 23.44mg (7.81%), Sodium: 1461.9mg (63.56%), Alcohol: 1.33g (100%), Protein: 16.06g (32.11%), Vitamin C: 105.31mg (127.65%), Fiber: 13.83g (55.31%), Vitamin A: 2485.11IU (49.7%), Manganese: 0.83mg (41.72%), Phosphorus: 321.75mg (32.18%), Vitamin B6: 0.6mg (30.18%), Iron: 5.42mg (30.12%), Folate: 116.63µg (29.16%), Potassium: 975.99mg (27.89%), Calcium: 266.81mg (26.68%), Magnesium: 96.87mg (24.22%), Copper: 0.44mg (22.01%), Vitamin B2: 0.35mg (20.67%), Vitamin K: 20.05µg (19.09%), Vitamin B1: 0.28mg (18.98%), Zinc: 1.99mg (13.25%), Vitamin E: 1.98mg (13.2%), Vitamin B3: 2.27mg (11.33%), Selenium: 5.39µg (7.69%), Vitamin B5: 0.74mg (7.37%), Vitamin B12: 0.15µg (2.47%)