



The Best Vegetarian Chili in the World

 Vegetarian  Dairy Free  Very Healthy

READY IN



75 min.

SERVINGS



8

CALORIES



440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 15 ounce black beans canned
- 15 ounce garbanzo beans drained canned
- 8 ounce chile peppers green drained chopped canned
- 15 ounce kidney beans drained canned
- 84 ounce tomatoes whole crushed peeled canned
- 2 stalks celery chopped
- 0.3 cup chili powder

- 3 cloves garlic chopped
- 2 bell peppers green chopped
- 1 teaspoon ground cumin
- 1 tablespoon ground pepper black
- 2 jalapeño peppers chopped
- 1 tablespoon olive oil
- 0.5 medium onion chopped
- 2 tablespoons oregano dried
- 1 tablespoon salt
- 24 ounce vegetarian burger crumbles
- 15 ounce kernel corn whole canned

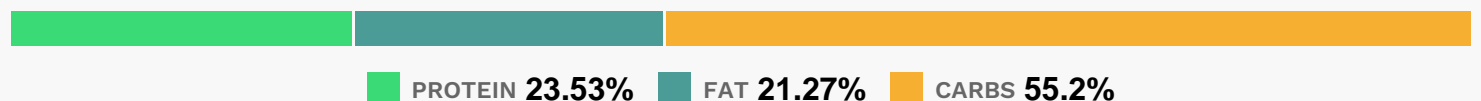
Equipment

- pot

Directions

- Heat the olive oil in a large pot over medium heat. Stir in the onion, and season with bay leaves, cumin, oregano, and salt. Cook and stir until onion is tender, then mix in the celery, green bell peppers, jalapeno peppers, garlic, and green chile peppers. When vegetables are heated through, mix in the vegetarian burger crumbles. Reduce heat to low, cover pot, and simmer 5 minutes.
- Mix the tomatoes into the pot. Season chili with chili powder and pepper. Stir in the kidney beans, garbanzo beans, and black beans. Bring to a boil, reduce heat to low, and simmer 45 minutes. Stir in the corn, and continue cooking 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:37.17, Glycemic Load:7.67, Inflammation Score:-10, Nutrition Score:45.592173949532%

Flavonoids

Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg Luteolin: 1.62mg, Luteolin: 1.62mg, Luteolin: 1.62mg, Luteolin: 1.62mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg

Nutrients (% of daily need)

Calories: 439.95kcal (22%), Fat: 11g (16.92%), Saturated Fat: 2.08g (12.98%), Carbohydrates: 64.21g (21.4%), Net Carbohydrates: 43.53g (15.83%), Sugar: 10.87g (12.07%), Cholesterol: 4.25mg (1.42%), Sodium: 2600.44mg (113.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.37g (54.74%), Vitamin B1: 2.6mg (173.02%), Manganese: 2.16mg (107.76%), Vitamin C: 73.37mg (88.94%), Fiber: 20.68g (82.72%), Vitamin B6: 1.23mg (61.39%), Folate: 233.62µg (58.41%), Vitamin A: 2822.87IU (56.46%), Iron: 9.93mg (55.16%), Potassium: 1590.97mg (45.46%), Phosphorus: 452.41mg (45.24%), Magnesium: 158.46mg (39.62%), Copper: 0.78mg (38.95%), Vitamin E: 5.81mg (38.74%), Vitamin B3: 7.73mg (38.67%), Vitamin K: 38.09µg (36.28%), Vitamin B2: 0.59mg (34.88%), Selenium: 23.81µg (34.01%), Calcium: 333.63mg (33.36%), Vitamin B12: 1.71µg (28.49%), Zinc: 3.1mg (20.69%), Vitamin B5: 1.11mg (11.15%)