



Three-Bean Vegetarian Chili



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



105 min.

SERVINGS



6

CALORIES



351 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups butternut squash cubed peeled ()
- ☐ 15 ounce .5 can cannellini beans rinsed drained canned
- ☐ 15 ounce pinto beans rinsed drained canned
- ☐ 15 ounce kidney beans red rinsed drained canned
- ☐ 28 ounce canned tomatoes undrained chopped canned
- ☐ 1 teaspoon pepper red crushed
- ☐ 4 garlic cloves thinly sliced
- ☐ 0.5 cup green onions thinly sliced

- ☐ 2 teaspoons ground cumin
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 cup onion chopped
- ☐ 1 teaspoon paprika
- ☐ 2 bell peppers red
- ☐ 0.3 teaspoon salt
- ☐ 2 cups vegetable broth organic

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags
- ☐ dutch oven

Directions

- ☐ Preheat broiler.
- ☐ Cut bell peppers in half lengthwise.
- ☐ Remove and discard seeds and membranes.
- ☐ Place pepper halves, skin sides up, on a foil-lined baking sheet. Broil 15 minutes or until blackened.
- ☐ Place pepper halves in a zip-top plastic bag; seal.
- ☐ Let stand 15 minutes. Peel and chop peppers.
- ☐ Heat a Dutch oven over medium-low heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add onion; cook 15 minutes, stirring occasionally. Stir in cumin and next 4 ingredients (through garlic); cook 2 minutes, stirring frequently.

- ☐ Add bell peppers, broth, squash, and tomatoes; bring to a simmer. Cook 20 minutes, stirring occasionally.
- ☐ Add beans; simmer 25 minutes or until slightly thick, stirring occasionally.
- ☐ Sprinkle with green onions.

Nutrition Facts



Properties

Glycemic Index:58.67, Glycemic Load:15.03, Inflammation Score:-10, Nutrition Score:31.746956224027%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.43mg, Quercetin: 6.43mg, Quercetin: 6.43mg, Quercetin: 6.43mg

Nutrients (% of daily need)

Calories: 351.21kcal (17.56%), Fat: 8.67g (13.34%), Saturated Fat: 1.28g (8%), Carbohydrates: 57.83g (19.28%), Net Carbohydrates: 42.35g (15.4%), Sugar: 12.58g (13.98%), Cholesterol: 0mg (0%), Sodium: 972.46mg (42.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.8g (31.6%), Vitamin A: 5769.03IU (115.38%), Vitamin C: 75.58mg (91.61%), Manganese: 1.27mg (63.42%), Fiber: 15.48g (61.92%), Potassium: 1392.24mg (39.78%), Iron: 7.01mg (38.92%), Vitamin K: 38.05µg (36.24%), Copper: 0.69mg (34.62%), Folate: 137.18µg (34.3%), Vitamin E: 5.07mg (33.8%), Magnesium: 132.28mg (33.07%), Vitamin B6: 0.61mg (30.45%), Phosphorus: 288.27mg (28.83%), Vitamin B1: 0.36mg (24.18%), Calcium: 194.11mg (19.41%), Vitamin B3: 3.24mg (16.18%), Zinc: 2.3mg (15.34%), Vitamin B2: 0.22mg (12.94%), Vitamin B5: 1.02mg (10.15%), Selenium: 3.51µg (5.02%)