



Vegetarian Black and White Bean Chili



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



262 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 oz black beans rinsed drained progresso® canned
- ☐ 15.5 oz great northern beans rinsed drained canned
- ☐ 4 oz chilis green undrained chopped old el paso® canned
- ☐ 1 tablespoon chili powder
- ☐ 29 oz canned tomatoes crushed undrained canned
- ☐ 2 teaspoons garlic clove finely chopped
- ☐ 1 teaspoon ground cumin
- ☐ 1 cup onion chopped

- ☐ 0.5 teaspoon salt
- ☐ 14 oz vegetable stock canned
- ☐ 1 tablespoon vegetable oil
- ☐ 11 oz corn whole with red and green peppers green giant® steamcrisp® mexicorn® canned

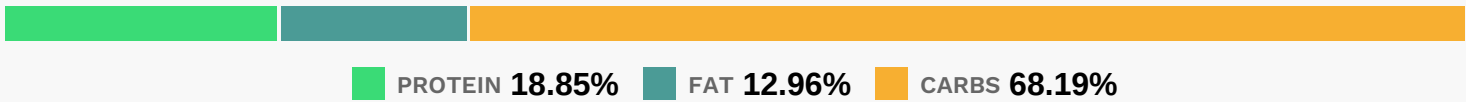
Equipment

- ☐ sauce pan

Directions

- ☐ In 4-quart saucepan, heat oil over medium-high heat.
- ☐ Add onion and garlic; cook 2 minutes, stirring frequently, until tender.
- ☐ Stir in remaining ingredients except sour cream.
- ☐ Heat to boiling. Reduce heat to low; cover and simmer 30 minutes, stirring occasionally.
- ☐ Top each serving with sour cream.

Nutrition Facts



Properties

Glycemic Index:17.83, Glycemic Load:1.03, Inflammation Score:-8, Nutrition Score:14.206521925719%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.43mg, Quercetin: 5.43mg, Quercetin: 5.43mg, Quercetin: 5.43mg

Nutrients (% of daily need)

Calories: 262.44kcal (13.12%), Fat: 3.85g (5.92%), Saturated Fat: 0.66g (4.1%), Carbohydrates: 45.56g (15.19%), Net Carbohydrates: 34.73g (12.63%), Sugar: 4.97g (5.52%), Cholesterol: 0mg (0%), Sodium: 1127.9mg (49.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.59g (25.18%), Fiber: 10.83g (43.31%), Folate: 133.34µg (33.33%), Manganese: 0.58mg (28.92%), Iron: 4.13mg (22.94%), Vitamin A: 1115.83IU (22.32%), Phosphorus: 214.46mg (21.45%), Magnesium: 74.76mg (18.69%), Vitamin C: 15mg (18.18%), Potassium: 631.94mg (18.06%), Vitamin B1: 0.23mg (15.56%), Copper: 0.3mg (14.96%), Calcium: 128.14mg (12.81%), Vitamin B6: 0.21mg (10.65%), Vitamin B2:

0.16mg (9.67%), Zinc: 1.15mg (7.68%), Vitamin B3: 1.51mg (7.54%), Selenium: 4.55µg (6.49%), Vitamin K: 5.72µg (5.45%), Vitamin E: 0.71mg (4.74%), Vitamin B5: 0.4mg (4%)