



## Vegetarian Black Bean Chili

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



10

CALORIES



439 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 45 oz black beans progresso® canned
- 4 teaspoons chili powder
- 3 cloves garlic finely chopped
- 1 teaspoon ground cumin
- 10 servings jalapeno sliced
- 0.5 teaspoon pepper
- 29 oz canned tomatoes diced with jalapeños, undrained canned
- 0.3 teaspoon salt

- 10 servings cheddar cheese shredded
- 10 servings cream sour
- 12 oz premier protein
- 1 cup onion sweet chopped
- 1 extra large vegetable cube
- 2 tablespoons vegetable oil
- 2 cups water

## Equipment

- dutch oven

## Directions

- Drain and rinse 2 cans black beans (do not drain third can); set aside.
- In 4- to 6-quart Dutch oven, heat oil over medium-high heat.
- Add onion and garlic; cook 6 to 8 minutes, stirring frequently, until tender. Stir in chili powder, cumin, pepper and salt; cook 3 minutes.
- Stir in diced tomatoes, burger crumbles, bouillon cube, water and drained and undrained beans.
- Heat to boiling over medium-high heat; reduce heat to medium-low. Simmer 30 minutes, stirring occasionally.
- Serve with desired toppings.

## Nutrition Facts



**PROTEIN 37.98%** **FAT 33.46%** **CARBS 28.56%**

## Properties

Glycemic Index:16.4, Glycemic Load:2.01, Inflammation Score:-8, Nutrition Score:24.580000017%

## Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg

Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg

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

Calories: 439.39kcal (21.97%), Fat: 17.29g (26.6%), Saturated Fat: 7.69g (48.04%), Carbohydrates: 33.21g (11.07%), Net Carbohydrates: 20.37g (7.41%), Sugar: 5.13g (5.7%), Cholesterol: 37.08mg (12.36%), Sodium: 1283.7mg (55.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.16g (88.31%), Phosphorus: 584.5mg (58.45%), Fiber: 12.84g (51.34%), Manganese: 1.02mg (51.14%), Copper: 0.98mg (49.15%), Iron: 8.83mg (49.04%), Folate: 160.04µg (40.01%), Calcium: 368.91mg (36.89%), Zinc: 3.51mg (23.38%), Vitamin B2: 0.4mg (23.33%), Magnesium: 88.27mg (22.07%), Vitamin B1: 0.32mg (21.6%), Potassium: 748.83mg (21.4%), Vitamin C: 15.15mg (18.36%), Selenium: 11.75µg (16.79%), Vitamin A: 824.7IU (16.49%), Vitamin B6: 0.31mg (15.67%), Vitamin E: 1.93mg (12.85%), Vitamin B3: 2.47mg (12.37%), Vitamin K: 11.81µg (11.24%), Vitamin B5: 0.69mg (6.85%), Vitamin B12: 0.34µg (5.72%), Vitamin D: 0.18µg (1.2%)