



Vegetarian Black Bean Chili

 Vegetarian

READY IN



55 min.

SERVINGS



20

CALORIES



246 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 oz meatless patty
- 46.5 oz black beans canned
- 4 teaspoons chili powder
- 20 servings toppings: cream shredded sour sliced
- 3 garlic cloves minced
- 1 teaspoon ground cumin
- 0.5 teaspoon pepper
- 29 oz canned tomatoes diced with jalapeño peppers canned

- 0.3 teaspoon salt
- 1 large onion sweet chopped
- 1 extra large vegetable cube
- 2 tablespoons vegetable oil

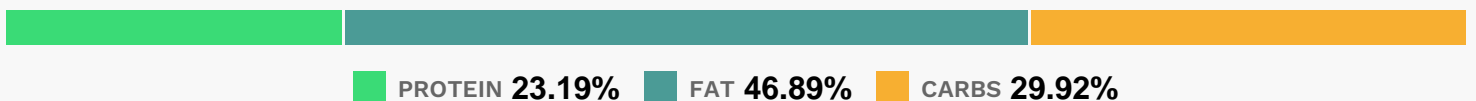
Equipment

- oven
- muffin tray
- dutch oven

Directions

- Drain and rinse 2 cans black beans. (Do not drain third can.)
- Saut onion and garlic in hot oil in a large Dutch oven over medium-high heat 6 to 8 minutes or until tender. Stir in chili powder and next 3 ingredients; saut 3 minutes. Stir in diced tomatoes, next 2 ingredients, drained and undrained beans, and 2 cups water. Bring to a boil over medium-high heat; reduce heat to medium-low, and simmer, stirring occasionally, 30 minutes.
- Serve chili with desired toppings.
- Meaty Black Bean Chili: Omit vegetable oil. Substitute 1 lb. lean ground beef for meatless burger crumbles. Prepare recipe as directed, sauting ground beef with onion and garlic in Step 2 for 10 minutes or until meat crumbles and is no longer pink. Proceed as directed. Makes: 11 cups. Hands-on time: 25 min., Total time: 1 hr.
- The (Mini) Sandwich: Stir together 2 (6-oz.) packages buttermilk cornbread-and-muffin mix according to package directions, stirring 1/3 cup store-bought pimiento cheese into batter. Spoon batter into a lightly greased 12-cup muffin pan.
- Bake at 400 for 20 minutes or until done. Split warm muffins, and spread with additional pimiento cheese.

Nutrition Facts



Properties

Glycemic Index:8.2, Glycemic Load:1.6, Inflammation Score:-6, Nutrition Score:14.268695758737%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg

Nutrients (% of daily need)

Calories: 245.94kcal (12.3%), Fat: 13.08g (20.13%), Saturated Fat: 6.29g (39.32%), Carbohydrates: 18.79g (6.26%), Net Carbohydrates: 12.3g (4.47%), Sugar: 2.97g (3.3%), Cholesterol: 30.85mg (10.28%), Sodium: 671.56mg (29.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.56g (29.11%), Vitamin B1: 0.59mg (39.46%), Calcium: 278.89mg (27.89%), Phosphorus: 263.71mg (26.37%), Fiber: 6.49g (25.95%), Manganese: 0.43mg (21.51%), Selenium: 13.67µg (19.53%), Folate: 76.89µg (19.22%), Vitamin B2: 0.28mg (16.6%), Iron: 2.44mg (13.53%), Copper: 0.26mg (13.09%), Magnesium: 51.57mg (12.89%), Potassium: 434.95mg (12.43%), Zinc: 1.83mg (12.21%), Vitamin B12: 0.66µg (11%), Vitamin B6: 0.21mg (10.31%), Vitamin A: 514.69IU (10.29%), Vitamin C: 7.27mg (8.81%), Vitamin B3: 1.64mg (8.21%), Vitamin E: 1.05mg (7%), Vitamin K: 6.68µg (6.36%), Vitamin B5: 0.43mg (4.32%), Vitamin D: 0.18µg (1.2%)