



 **81%**
HEALTH SCORE

Vegetarian Chili

 Vegetarian  Very Healthy

READY IN



375 min.

SERVINGS



6

CALORIES



395 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce black beans rinsed drained canned
- 15 ounce kidney beans red rinsed drained canned
- 28 ounce canned tomatoes diced canned
- 15 ounce beans white rinsed drained canned (cannellini)
- 2 tablespoons chili powder
- 0.3 cup couscous
- 0.3 cup cilantro leaves fresh chopped
- 2 cloves garlic minced

- 1 bell pepper green seeded chopped
- 1 teaspoon ground coriander
- 2 teaspoons ground cumin
- 1 teaspoons hot sauce
- 1 tablespoon pickled jalapeño minced canned (from can or jar)
- 1 cup regular lima beans frozen
- 0.5 cup monterrey jack cheese shredded
- 1 cup onion chopped
- 2 tablespoons regular oregano dried
- 6 servings salt and pepper black freshly ground
- 4 cups vegetable broth reduced-sodium

Equipment

- slow cooker

Directions

- Watch how to make this recipe.
- In a slow cooker, combine all ingredients but the couscous, shredded cheese, cilantro and salt and pepper. Cover and cook on LOW for 6 to 8 hours or on HIGH for 3 to 4 hours.
- Five to 10 minutes before serving (depending on temperature of slow cooker) add couscous, cover and cook, until couscous is tender. Season, to taste, with salt and black pepper.
- Just before serving, top each serving with shredded cheese and cilantro.

Nutrition Facts



PROTEIN 21.96% **FAT 10.43%** **CARBS 67.61%**

Properties

Glycemic Index:64.33, Glycemic Load:15.15, Inflammation Score:-10, Nutrition Score:29.993478469227%

Flavonoids

Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.47mg, Quercetin: 6.47mg, Quercetin: 6.47mg, Quercetin: 6.47mg

Nutrients (% of daily need)

Calories: 395.18kcal (19.76%), Fat: 4.82g (7.41%), Saturated Fat: 2.18g (13.64%), Carbohydrates: 70.26g (23.42%), Net Carbohydrates: 50.13g (18.23%), Sugar: 10.07g (11.19%), Cholesterol: 8.38mg (2.79%), Sodium: 768.79mg (33.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.82g (45.64%), Fiber: 20.13g (80.54%), Manganese: 1.5mg (74.9%), Iron: 8.59mg (47.74%), Vitamin C: 39.03mg (47.31%), Potassium: 1439.01mg (41.11%), Copper: 0.79mg (39.3%), Phosphorus: 374.77mg (37.48%), Folate: 149.32µg (37.33%), Magnesium: 146.84mg (36.71%), Vitamin B6: 0.59mg (29.36%), Vitamin K: 30.41µg (28.97%), Vitamin B1: 0.43mg (28.8%), Vitamin A: 1401.4IU (28.03%), Calcium: 279.51mg (27.95%), Vitamin E: 3.79mg (25.26%), Vitamin B2: 0.35mg (20.42%), Zinc: 2.81mg (18.72%), Vitamin B3: 3.71mg (18.56%), Vitamin B5: 1.02mg (10.24%), Selenium: 6.61µg (9.44%), Vitamin B12: 0.08µg (1.3%)