



Vegetarian Chili

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



321 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 30 oz black beans rinsed drained canned
- ☐ 1 tablespoon chili powder
- ☐ 0.5 teaspoon coarse salt (kosher or sea)
- ☐ 6 servings cilantro leaves fresh chopped
- ☐ 1 cup corn sweet frozen organic cascadian farm®
- ☐ 4 cloves garlic finely chopped
- ☐ 1 cup bell pepper green chopped
- ☐ 1 teaspoon ground cumin

- ☐ 1 cup onion chopped
- ☐ 2 serrano chiles fresh seeded finely chopped
- ☐ 6 servings cheddar cheese shredded
- ☐ 1 tablespoon vegetable oil
- ☐ 1.5 cups water
- ☐ 6 servings yogurt plain sour
- ☐ 29 oz frangelico plain diced fire roasted organic undrained canned
- ☐ 29 oz frangelico plain diced fire roasted organic undrained canned

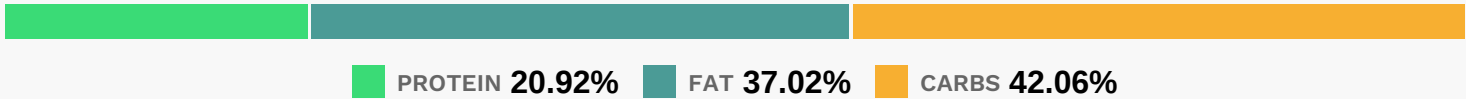
Equipment

- ☐ sauce pan

Directions

- ☐ In 4-quart saucepan, heat oil over medium heat.
- ☐ Add onion, bell pepper, garlic and chiles; cook 5 to 7 minutes, stirring frequently, until tender.
- ☐ Stir in black beans, tomatoes, water, chili powder, cumin and salt.
- ☐ Heat to boiling. Reduce heat; cover and simmer 30 minutes, stirring occasionally. Stir in corn.
- ☐ Heat to boiling. Reduce heat; simmer uncovered 5 minutes longer.
- ☐ Top each serving with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:3.67, Inflammation Score:-8, Nutrition Score:17.824782495913%

Flavonoids

Luteolin: 1.26mg, Luteolin: 1.26mg, Luteolin: 1.26mg, Luteolin: 1.26mg 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: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.37mg, Quercetin: 6.37mg, Quercetin: 6.37mg, Quercetin: 6.37mg

Nutrients (% of daily need)

Calories: 320.96kcal (16.05%), Fat: 13.65g (21%), Saturated Fat: 6.35g (39.69%), Carbohydrates: 34.89g (11.63%), Net Carbohydrates: 23g (8.36%), Sugar: 3.24g (3.6%), Cholesterol: 30.13mg (10.04%), Sodium: 962.8mg (41.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.36g (34.71%), Fiber: 11.89g (47.56%), Vitamin C: 28.77mg (34.87%), Phosphorus: 333.47mg (33.35%), Calcium: 285.61mg (28.56%), Folate: 107.28µg (26.82%), Manganese: 0.51mg (25.64%), Vitamin B2: 0.35mg (20.6%), Iron: 3.5mg (19.47%), Magnesium: 74.42mg (18.61%), Potassium: 646.22mg (18.46%), Vitamin B1: 0.27mg (17.89%), Vitamin A: 892.41IU (17.85%), Copper: 0.36mg (17.81%), Selenium: 11.12µg (15.89%), Zinc: 2.22mg (14.78%), Vitamin B6: 0.29mg (14.34%), Vitamin K: 8.94µg (8.52%), Vitamin B3: 1.69mg (8.47%), Vitamin E: 1.07mg (7.13%), Vitamin B5: 0.68mg (6.78%), Vitamin B12: 0.32µg (5.36%), Vitamin D: 0.18µg (1.21%)