



## Vegetarian Vegetable and Bean Chili



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 tablespoon vegetable oil
- ☐ 1 cup onion coarsely chopped
- ☐ 2 teaspoons garlic finely chopped
- ☐ 2 cups corn frozen
- ☐ 1 lb broccoli frozen
- ☐ 19 oz beans red rinsed drained canned
- ☐ 15 oz garbanzo beans rinsed drained canned (garbanzo beans)
- ☐ 29 oz canned tomatoes diced with green chiles, undrained canned

- ☐ 8 oz tomato sauce   canned
- ☐ 2 tablespoons chili powder
- ☐ 3 teaspoons ground cumin
- ☐ 0.8 teaspoon salt
- ☐ 0.1 teaspoon ground pepper   red (cayenne)

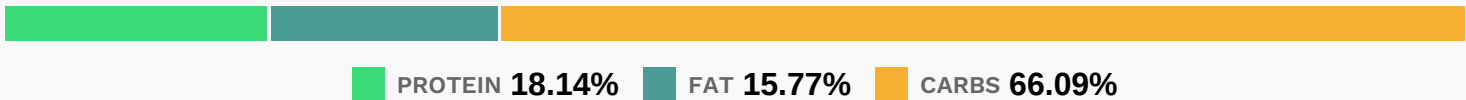
Equipment

- ☐ dutch oven

Directions

- ☐ In 4 1/2- to 5-quart Dutch oven, heat oil over medium-high heat.
- ☐ Add onions and garlic; cook 4 to 5 minutes, stirring frequently, until onions are softened.
- ☐ Stir in remaining ingredients.
- ☐ Heat to boiling. Reduce heat to medium-low. Cover; cook 15 to 20 minutes, stirring occasionally, until chili is hot and vegetables are crisp-tender.

Nutrition Facts



Properties

Glycemic Index:43.89, Glycemic Load:9.34, Inflammation Score:-9, Nutrition Score:31.022608383842%

Flavonoids

Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 6.1mg, Kaempferol: 6.1mg, Kaempferol: 6.1mg, Kaempferol: 6.1mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 7.9mg, Quercetin: 7.9mg, Quercetin: 7.9mg, Quercetin: 7.9mg

Nutrients (% of daily need)

Calories: 290.65kcal (14.53%), Fat: 5.61g (8.64%), Saturated Fat: 0.84g (5.27%), Carbohydrates: 52.92g (17.64%), Net Carbohydrates: 38.08g (13.85%), Sugar: 8.91g (9.9%), Cholesterol: 0mg (0%), Sodium: 984.77mg (42.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.53g (29.06%), Vitamin C: 89.99mg (109.07%), Vitamin K: 93.02µg (88.59%), Manganese: 1.36mg (68.2%), Fiber: 14.84g (59.35%), Vitamin B6: 0.93mg (46.63%), Potassium: 1219.65mg (34.85%), Folate: 131.04µg (32.76%), Vitamin A: 1629.13IU (32.58%), Iron: 5.82mg (32.31%), Phosphorus:

308.22mg (30.82%), Magnesium: 110.91mg (27.73%), Copper: 0.49mg (24.63%), Vitamin E: 3.34mg (22.25%), Vitamin B1: 0.33mg (21.75%), Vitamin B2: 0.34mg (20.27%), Vitamin B3: 3.69mg (18.45%), Calcium: 162.64mg (16.26%), Zinc: 2.24mg (14.91%), Vitamin B5: 1.26mg (12.64%), Selenium: 5.97µg (8.54%)