



WHATSheATE



HEALTH SCORE

100%

Veggie Chili



Gluten Free



Dairy Free



Very Healthy

READY IN



60 min.

SERVINGS



15

CALORIES



374 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 large bunch broccoli chopped (or 2 smaller ones)



6 cups kidney beans canned rinsed drained



3 pounds carrots chopped



1 bunch celery chopped



0.8 cup chili powder



1 tablespoon pepper red crushed



0.3 cup basil dried



1 teaspoon fennel seeds whole

- ☐ 0.3 cup garlic powder
- ☐ 2 teaspoons ground pepper black
- ☐ 0.5 cup olive oil
- ☐ 0.5 cup onion powder
- ☐ 3 large onions chopped
- ☐ 0.3 cup oregano dried
- ☐ 0.5 cup penzey's southwest seasoning such as spike all-purpose
- ☐ 4 cups textured vegetable protein hot rinsed drained
- ☐ 1 gallon tomatoes packed in juice chopped
- ☐ 3 tablespoons cumin seeds whole
- ☐ 4 medium zucchini chopped

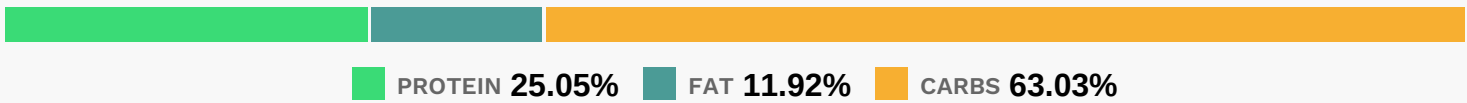
Equipment

- ☐ pot

Directions

- ☐ Heat the olive oil in a large pot over medium heat.
- ☐ Add the cumin seeds, crushed red pepper and fennel seeds and cook until very aromatic, 3 to 4 minutes.
- ☐ Add the carrots, zucchini, onions, broccoli and celery and saute until the veggies are tender, about 10 minutes.
- ☐ Add the tomatoes, 8 cups water, chili powder, all-purpose seasoning, onion powder, basil, garlic powder, oregano and black pepper and stir to combine. Stir in the textured vegetable protein, then the beans. Simmer for 10 to 15 minutes. Taste and adjust seasoning if need.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:19.66, Glycemic Load:10.63, Inflammation Score:-10, Nutrition Score:47.825651998105%

Flavonoids

Naringenin: 1.72mg, Naringenin: 1.72mg, Naringenin: 1.72mg, Naringenin: 1.72mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 3.82mg, Kaempferol: 3.82mg, Kaempferol: 3.82mg, Kaempferol: 3.82mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 9.42mg, Quercetin: 9.42mg, Quercetin: 9.42mg, Quercetin: 9.42mg

Nutrients (% of daily need)

Calories: 373.73kcal (18.69%), Fat: 5.5g (8.47%), Saturated Fat: 1.05g (6.59%), Carbohydrates: 65.5g (21.83%), Net Carbohydrates: 38.7g (14.07%), Sugar: 20.28g (22.54%), Cholesterol: 0mg (0%), Sodium: 496.43mg (21.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.03g (52.06%), Vitamin A: 21501.05IU (430.02%), Vitamin K: 239.71µg (228.3%), Manganese: 2.2mg (109.83%), Vitamin C: 89.68mg (108.71%), Fiber: 26.8g (107.2%), Iron: 16.52mg (91.77%), Vitamin E: 9.58mg (63.84%), Potassium: 2005.97mg (57.31%), Vitamin B6: 1.12mg (56.03%), Calcium: 524.18mg (52.42%), Magnesium: 174.63mg (43.66%), Folate: 164.2µg (41.05%), Copper: 0.71mg (35.49%), Phosphorus: 328.69mg (32.87%), Vitamin B2: 0.5mg (29.17%), Vitamin B3: 5.51mg (27.53%), Vitamin B1: 0.39mg (26.26%), Zinc: 2.99mg (19.94%), Vitamin B5: 1.25mg (12.53%), Selenium: 7.09µg (10.12%)