

Vegetarian Chili

Servings: 4-6 | Prep Time: 20 mins | Cook Time: 40 mins | Adapted from Cookie and Kate

Ingredients:

- 2 tbsp olive oil
- 1 medium red onion, chopped
- 1 large red bell pepper, chopped
- 2 ribs of celery, chopped
- 2 medium carrots, sliced
- 4 cloves of garlic, minced
- 2 cans of black beans, rinsed and drained
- 1 can of pinto beans, rinsed and drained
- 1 cup of cooked lentils
- 28 oz can diced tomatoes
- 2 cups of low sodium vegetable broth
- 2 tbsp chili powder
- 2 tsp ground cumin
- 1 tsp paprika
- 1 tsp dried oregano

Recipe Tips & Nutrition

- Leftovers can be stored in the fridge for 2-4 days, or individual portions can be frozen for up to 6 months, and thawed before reheating
- Good source of protein, fiber, and cancer fighting phytonutrients!



Instructions:

1. In a large pot over medium heat, add olive oil until hot
2. Add chopped onion, bell pepper, carrot, celery. Stir to combine and cook until vegetable are soft and onion is translucent. About 7-10 minutes
3. Add garlic, chili powder, cumin, paprika, and oregano. Cook for about one minute, stirring constantly
4. Add diced tomatoes and their juices, drained pinto beans, black beans, and lentils. Add vegetable broth. Stir to combine and let mixture come to a simmer - about 30 minutes