

Vegetable Chili

This warm and wonderful chili will light up your palate with three flavorful beans mixed with spices and sprinkled with a blend of cheeses.

Makes: 6 servings

Ingredients

- 2 teaspoons oil
- ½ cup onion, diced
- ½ cup green bell pepper, diced
- ½ cup canned low-sodium pinto beans, drained and rinsed
- 1 cup canned low-sodium black beans, drained and rinsed
- 1 ½ tablespoons chili powder
- 1 can low-sodium diced tomatoes (14.5 ounces)
- 1 cup low-sodium vegetable stock
- 1 dash hot sauce
- ¼ cup canned low-sodium tomato paste
- ¼ cup shredded cheddar cheese
- ¼ cup shredded mozzarella cheese
- 18 low-sodium whole grain tortilla chips



Directions

1. Heat oil in a large pot over medium-high heat. Add onions and green peppers. Cook for 2-3 minutes or until tender. Add beans and stir to coat. Add chili powder. Stir. Cook for 1 minute for flavors to blend.
2. Add tomatoes, vegetable stock, and hot sauce. Bring to a boil uncovered for 10 minutes. Add tomato paste and mix well. Boil uncovered for an additional 10 minutes then reduce heat to low and simmer to keep warm.
3. Combine cheddar and mozzarella cheese.
4. Place chili in a bowl. Top with cheese blend and serve with tortilla chips.

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