



Anna Jones, MS, RD, LD

## Easy & Delicious Vegetable Chili

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### Ingredients:

1 tablespoon olive oil  
2 cups chopped onion  
1 green pepper, chopped  
3 garlic cloves, minced  
2 tablespoons chili powder  
1 teaspoon cumin  
3 cups water, divided  
2 tablespoons Worcestershire sauce  
1 (28 ounce) can diced tomatoes, undrained  
1 can Rotel, Original  
1 cup corn, fresh or frozen  
1 (15-ounce) can black beans, rinsed and drained  
1 (15-ounce) can kidney beans, rinsed and drained  
1 (16-ounce) can cannellini beans or other white beans, rinsed and drained  
1 (6-ounce) can tomato paste  
1/2 cup (2 ounces) shredded sharp cheddar cheese, (optional)

### Directions:

Heat oil in a large Dutch oven over medium-high heat. Add onion, garlic, green pepper, chili powder, and cumin; sauté 3 minutes or until onions are tender. Add 2 cups water and next 7 ingredients (through cannellini beans), stirring to combine.

Combine remaining 1 cup of water and tomato paste in a bowl, stirring with a whisk until blended. Stir tomato paste mixture into bean mixture. Bring to a boil; reduce heat, and simmer 20 minutes or until thoroughly heated. Ladle soup into bowls. Top with a dollop of lime crema, a little cheese, and some sliced avocado too, if desired.

YIELD: 8 servings (serving size: 1 1/2 cups soup)

### Nutritional Information

Calories: 276    Calories from fat: 11%    Fat: 3.5g    Protein: 12.7g  
Carbohydrate: 40 g    Fiber: 14.7g    Cholesterol: 0 mg    Iron: 4.2mg  
Sodium: 587mg    Calcium: 107mg