

Vegetarian Chili

Ingredients:

- 2 large onions, cut into ¼ inch pieces
- 1 green bell pepper, cut into ¼ inch pieces
- 3 garlic cloves
- 2 fresh, diced jalapeno chilis
- 2 tablespoons vegetable oil
- 1 tablespoon chili powder
- 1 tablespoon ground cumin
- 1 can (28 ounce) whole tomatoes (or 8 medium size fresh tomatoes), cut into ¼ inch pieces
- 2 medium size zucchini, cut into ¼ inch pieces
- 2 medium size summer squash, cut into ¼ inch pieces
- 1 can (16 ounce) kidney beans, rinsed
- 1 cup fresh cilantro (or coriander), chopped
- Salt and pepper to taste

Preparation:

1. In a large pot, sauté onions, bell pepper, garlic, and jalapeno in oil over medium-high heat for about 5 minutes. Stir often.
2. Add chili powder, cumin, half of the chopped cilantro, salt, and pepper, and continue cooking for another 3 minutes. Stir occasionally.
3. Add the tomatoes, zucchini, and squash. Bring mixture to a simmer.
4. Simmer for 15 minutes, stirring occasionally.
5. Add beans and continue to simmer for another 5 minutes.
6. Serve the mixture hot. Put remaining cilantro on top.

Yields 4 (¼ of recipe) servings

Nutritional Information Per Serving: 330 calories, 13g protein, 49g carbohydrate, 10g fat, 0mg cholesterol, 14g fiber, 270mg sodium

Source: U.S. Department of Agriculture

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