

Vegetarian Black Bean Chili

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/progresso-italian-black-bean-chili-recipe>

Ingredients:

- 2 tablespoons olive oil
- 2 cups onion finely chopped
- 3 cloves garlic minced
- 2 cups butternut squash peeled and cubed
- 2 tablespoons chili powder
- 2 tablespoons ground cumin
- 1 teaspoon ground coriander
- 28 ounces black beans drained and rinsed
- 14 ounces cannellini beans drained and rinsed
- 2 cups vegetable broth
- 14 ounces diced tomatoes juices reserved
- scallions sliced, to garnish, optional

Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 74 grams
3. Fat: 9 grams
4. Fiber: 20 grams
5. Protein: 23 grams
6. SaturatedFat: 1 grams
7. Sodium: 1300 milligrams
8. Sugar: 9 grams

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