

# Vegetarian Three Bean Chili

Yield: 7 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/new-year-s-soup-recipe-vegetarian>

## Ingredients:

- 1 cup diced red onion
- 2 garlic cloves crushed
- 15 ounces black beans drained and rinsed
- 15 ounces kidney beans drained and rinsed
- 28 ounces diced tomatoes preferably fire roasted
- 1/4 cup salsa jarred
- 1 teaspoon hot sauce optional
- 2 teaspoons cumin
- 2 teaspoons paprika
- 1 teaspoon chili powder
- 1 teaspoon coriander
- 1/4 teaspoon cayenne optional
- salt
- pepper
- 1/2 cup brown lentils dried
- 4 cups vegetable broth
- sour cream
- salsa Fresh, /pico de gallo
- jalapeño Sliced
- chopped cilantro
- sliced green onions
- corn tortilla chips Crushed
- shredded cheese
- hot sauce

## Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 36 grams
3. Cholesterol: 5 milligrams

4. Fat: 4.5 grams
5. Fiber: 12 grams
6. Protein: 14 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 1080 milligrams
9. Sugar: 7 grams

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