

Smoky Chipotle Vegetarian Chili

Yield: 10 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/new-mexico-vegetarian-chili-recipe>

Ingredients:

- 1 tablespoon olive oil
- 2 sweet onions large, chopped
- 1 red bell pepper chopped
- 1 yellow bell pepper chopped
- 1 orange bell pepper if unavailable, double on red, chopped
- 2 medium zucchini diced
- 1 yellow squash diced
- 3 cloves garlic
- 1 bunch cilantro leaves reserved for garnish, optional
- 7 ounces mild green chiles
- 3 chipotle chiles in adobo sauce canned
- 2 cups vegetable stock
- 45 ounces diced fire roasted tomatoes
- 30 ounces kidney beans rinsed and drained
- 15 ounces black beans rinsed and drained
- 15 ounces pinto beans rinsed and drained
- 2 teaspoons salt
- 2 tablespoons chili powder
- 2 tablespoons ground cumin
- 1 tablespoon dried oregano
- 1 bottle Mexican beer dark, Negra Modelo if you can find it
- 1 bunch fresh cilantro
- 8 ounces sour cream
- 1 cup shredded Monterey Jack cheese
- 2 limes cut into thin wedges
- 2 avocados seeded, peeled, diced, and tossed with lime juice

Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 45 grams
3. Cholesterol: 20 milligrams
4. Fat: 17 grams
5. Fiber: 13 grams
6. Protein: 18 grams
7. SaturatedFat: 6 grams
8. Sodium: 1140 milligrams
9. Sugar: 10 grams

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