

# Hearty Vegan Chili

Yield: 8 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-vegan-chili-recipe>

## Ingredients:

- 1/2 cup walnuts
- 4 cloves garlic peeled and chopped
- 1 jalapeno roughly chopped
- 28 ounces diced tomatoes
- 1 tablespoon soy sauce
- 2 teaspoons olive oil
- 1 white onion large
- 1 tablespoon tomato paste
- 1 teaspoon cumin
- 15 ounces black beans rinsed and drained
- 15 ounces kidney beans rinsed and drained
- 1/2 cup water

## Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 19 grams
3. Fat: 7 grams
4. Fiber: 6 grams
5. Protein: 9 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 340 milligrams
8. Sugar: 4 grams

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