

Easy Vegetarian Chili

Yield: 6 min
Total Time: 55 min

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

Ingredients:

- 1 tablespoon olive oil
- 1 onion chopped
- 3 cloves garlic minced
- 1 carrot peeled and chopped
- 1 celery stalk, chopped
- 1 red pepper chopped
- 1 yellow pepper chopped
- 1 jalapeno diced, seeds removed
- 45 ounces diced tomatoes
- 30 ounces red kidney beans, rinsed and drained
- 30 ounces black beans rinsed and drained
- 2 cups water
- 1 1/2 tablespoons cumin
- 2 tablespoons chili powder
- salt and pepper, to taste

Nutrition:

1. Calories: 700 calories
2. Carbohydrate: 127 grams
3. Fat: 4.5 grams
4. Fiber: 36 grams
5. Protein: 45 grams
6. Sodium: 740 milligrams
7. Sugar: 12 grams

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