

Three-Bean Vegetarian Chili

This recipe has a mild chili flavour. If you want more heat, increase the amount of chili powder and don't seed the jalapenos.

Ingredients:

- 1 $\frac{3}{4}$ cups organic vegetable broth
- 1 cup chopped onion
- $\frac{1}{4}$ cup chopped, seeded jalapeno pepper (2 peppers)
- 2 tsp chili powder
- 2 tsp ground cumin
- 2 tsp Worcestershire sauce
- $\frac{1}{2}$ tsp salt
- 2 garlic cloves, minced
- 2 (15oz) cans black beans, rinsed & drained
- 2 (14.5oz) cans diced tomatoes, undrained
- 1 (15oz) can pinto beans, rinsed & drained
- 1 (15oz) can kidney beans, rinsed & drained
- $\frac{1}{2}$ cup reduced fat sour cream
- 2 oz shredded Monterey Jack cheese with jalapeno peppers (about $\frac{1}{2}$ cup)
- $\frac{1}{4}$ cup fresh chopped cilantro



Nutritional Information (per serving):

- Calories: 197
- Total Fat: 3.8g
- Sat. Fat: 2.3g
- Carbs: 28.9g
- Fiber: 8.9g
- Protein: 11.2g

Preparation:

1. Combine first 12 ingredients in a 6-qt electric slow cooker. Cover and cook on LOW for 8 hours.
2. Ladle soup into bowls; top with sour cream, cheese & cilantro. Yields 8 servings (1 cup soup, 1 tbsp sour cream, 1 tbsp cheese & 1 $\frac{1}{2}$ tsp cilantro).