

## Vegetarian Chili

*Beans are an ideal source of clean-eating protein and even the meat lovers in your family will love this “meaty” meatless chili recipe. It is still hearty and satisfying without losing any flavor and has added punch with loads of protective antioxidants! Try using the leftovers in a wrap or on top of cooked quinoa!*

### Ingredients

<b>2 tbsp cumin seeds, toasted</b>	<b>1 cup canned red kidney beans, rinsed &amp; drained</b>
<b>2 tbsp extra virgin olive oil</b>	<b>1 cup canned black beans, rinsed &amp; drained</b>
<b>1 medium yellow onion, peeled &amp; chopped</b>	<b>1 cup canned corn kernels, rinsed &amp; drained</b>
<b>1 large red bell pepper, chopped</b>	<b>2 ½ cups water or low-sodium vegetable broth</b>
<b>1 large carrot, peeled &amp; grated</b>	<b>2 tsp dried oregano, crumbled</b>
<b>1 head roasted garlic</b>	<b>2 tsp dried basil, crumbled</b>
<b>3 tbsp chili powder</b>	<b>4 squares dark organic chocolate</b>
<b>¼ tsp red pepper flakes</b>	<b>28oz canned tomatoes [low sodium]</b>
<b>Fresh ground black pepper (to taste)</b>	<b>Juice of one fresh lime</b>
<b>1 cup canned white kidney beans, rinsed &amp; drained</b>	<b>Juice of one fresh lemon</b>

### Preparation:

1. In a Dutch oven, warm olive oil under medium heat. Add onion, pepper and grated carrot and sauté until onion becomes soft and translucent. Stir in chili powder, toasted cumin seeds, red pepper flakes, sea salt and black pepper. Cover and cook over low heat for 10 minutes, stirring occasionally.
2. Add all remaining ingredients. Blend well. Cover and let simmer for 20 minutes. Remove from heat and serve immediately. This recipe can also be served over brown rice for a hearty variation! Serves 6.

Lower Sodium Content – use low sodium broth, rinse the canned beans very well, or even soak/cook dry beans prior to adding to chili!



### Nutritional Information (per serving)

<b>Calories</b>	<b>329</b>
<b>Protein</b>	<b>15g</b>
<b>Fat, total</b>	<b>8g</b>
<b>Carbohydrates</b>	<b>56g</b>
<b>Sodium</b>	<b>450mg</b>
<b>Sugars</b>	<b>9g</b>
<b>Fiber</b>	<b>15g</b>