

High-Protein Vegetarian Chili

8 servings • Category: Dinner • Generated by Nutrifax

Ingredients

- 2 cup Beans (kidney, red, canned, drained solids)
- 2 cup Beans (black turtle, mature seeds, canned)
- 1 cup Beans (pinto, canned, drained solids)
- 2 cup Tomatoes (canned, red, ripe, diced)
- 1 cup Corn (sweet, yellow, canned, cream style, regular pack)
- 1 1/2 cup, sliced Onions (raw)
- 1 cup, sliced Peppers (sweet, red, raw)
- 4 clove Garlic (raw)
- 3 tbsp Spices (chili powder)
- 2 tsp Spices (cumin seed)
- 1 tsp Spices (paprika)
- 2 tbsp Vegetable oil (olive)
- 1 tsp Salt (table)
- 1/2 × 5 ml whole Spices (pepper, black)

Instructions

1. Heat olive oil in a large pot over medium heat. Cook the diced onion and bell pepper for 5 minutes until softened.
2. Add the garlic, chili powder, cumin, and paprika. Stir 30 seconds until fragrant.
3. Add the diced tomatoes with their juices. Drain and rinse all three types of beans, then add to the pot along with the corn.
4. Bring to a boil, then reduce heat and simmer for 30 minutes, stirring occasionally.
5. Season with salt and pepper. For a thicker chili, mash some beans against the side of the pot.
6. Serve topped with avocado, sour cream, shredded cheese, or cilantro.