

# Veggie Chili

## Ingredients:

- 1 medium onion, chopped
- 1 tablespoon canola oil
- 4 carrots, sliced
- 1 green bell pepper, diced
- 1 zucchini, chopped
- 2 garlic cloves, minced
- 1 tablespoon chili powder
- 1 can kidney beans, rinsed
- 1 can black beans, rinsed
- 1 14.5 - ounces can tomatoes, diced
- 1 14.5 - ounce can tomato sauce

## Directions

1. Heat the oil in a large soup pot over medium-high heat.
2. Add onion and carrots and sauté 5 minutes.
3. Add green pepper and zucchini and sauté 2 minutes.
4. Add garlic and sauté 30 seconds.
5. Add chili powder and all remaining ingredients; bring to a boil.
6. Cover, reduce heat, and simmer 30 - 35 minutes or until the vegetables are tender.

## Nutrition Facts

Serving Size 1 cup (164g)  
Servings Per Container 8

### Amount Per Serving

**Calories 80**      **Calories from Fat 15**

**% Daily Value\***

**Total Fat 2g**      **3%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 260mg**      **11%**

**Total Carbohydrate 13g**      **4%**

Dietary Fiber 4g      **16%**

Sugars 6g

**Protein 3g**

Vitamin A 110%      • Vitamin C 40%

Calcium 4%      • Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

|                    |           | Calories: 2,000 | 2,500   |
|--------------------|-----------|-----------------|---------|
| Total Fat          | Less than | 65g             | 80g     |
| Saturated Fat      | Less than | 20g             | 25g     |
| Cholesterol        | Less than | 300mg           | 300mg   |
| Sodium             | Less than | 2,400mg         | 2,400mg |
| Total Carbohydrate |           | 300g            | 375g    |
| Dietary Fiber      |           | 25g             | 30g     |

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

