



Vegetarian Black Bean Chili

Makes 8 servings

Ingredients

28 ounces (3.5 cups) canned, low-sodium diced tomatoes
45 ounces (5.6 cups) canned, low-sodium black beans
1 cup diced onion
4 cups chopped bell peppers
1 teaspoon fresh pressed garlic

1 teaspoon cumin
1 teaspoon paprika
1 teaspoon cayenne pepper
2 teaspoons chili powder
Diced jalapeno (optional)

Instructions

1. Place all items in a slow cooker. Cook on high for 3 hours, or low for 7-8 hours.
2. Or cook on the stovetop on medium heat for one hour.

Nutrition Facts

Serving Size: 1/8 recipe; Calories: 224; Total Fat: 1.0g; Saturated Fat: 0g; Cholesterol: 0mg; Sodium: 467mg;
Total Carbohydrates: 48.0g; Dietary Fiber: 13.0g; Protein: 12.0g; Sugars: 2g

