



Vegetarian Chili

Spanish PDF: [Chili de 3 judías.pdf](#)

Serving Size: 1 1/2 cups

Serves: 7

Cost Per Serving: \$4.00 for whole recipe / \$0.57 per person

Ingredients:

- 2 14.5-ounce cans diced tomatoes
- 1 15-ounce can garbanzo or kidney beans, rinsed and drained.
- 1 15-ounce can black beans, rinsed and drained
- 1 15-ounce can water
- 2 cups frozen corn
- 1 large onion, chopped (about 1 1/2 cups)
- 3 to 4 teaspoons chili powder
- Black pepper, to taste

Optional: Shredded cheese or meat



Instructions:

1. Put all ingredients in a large pot. Heat to boiling over high heat.
2. Reduce heat and simmer about 20 minutes or until hot, stirring occasionally. If desired, top each serving with a tablespoon of shredded cheese.

Menu Idea: Vegetarian chili, carrot sticks, whole grain bread, apples

Tips:

- Save money! Learn [how to prepare dry beans](#).

Nutrition Facts

Serving Size 1.5 cups (382.16g)
Servings Per Container 7

Amount Per Serving

Calories 210 **Calories from Fat** 15

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 660mg **28%**

Total Carbohydrate 42g **14%**

Dietary Fiber 11g **44%**

Sugars 10g

Protein 9g

Vitamin A 20% • Vitamin C 30%

Calcium 8% • Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet.