

COUNT YOUR STEPS

Chunky Vegetarian Chili

- 1 Tbsp vegetable oil
- 2 cups chopped onion
- 1/2 cup chopped yellow bell pepper
- 1/2 cup chopped green bell pepper
- 2 garlic cloves, minced
- 1 Tbsp brown sugar
- 1 1/2 Tbs chili powder
- 1 tsp ground cumin
- 1 tsp dried oregano
- 1/2 tsp salt
- 1/2 tsp black pepper
- 2 (16-ounce) cans stewed tomatoes, undrained
- 2 (15-ounce) cans black beans, rinsed and drained
- 1 (15-ounce) can kidney beans, rinsed and drained
- 1 (15-ounce) can pinto beans, rinsed and drained

Heat the oil in a Dutch oven over medium-high heat. Add onion, bell peppers, and garlic; saute 5 minutes or until tender. Add sugar and remaining ingredients, and bring to a boil. Reduce heat, and simmer 30 minutes.

Per serving: Calories 257 (9% from fat); Total Fat 2.7g (Sat Fat 0.3g, mono 0.5g, poly 1.2g); Cholesterol 0.0mg; Sodium 876mg; Carbohydrate 48.8g; Dietary fiber 14.2g; Protein 12.8g; Calcium 150mg; Iron 4.5mg.
(Source: Cooking Light)

