



VEGETARIAN *Chili*

PREP
5 min

COOK
10 min

TOTAL
15 min

YIELD
2 servings

Ingredients

- 1 teaspoon extra virgin olive oil
- ¼ cup chopped onion
- 1½ tablespoons chili powder
- ¼ teaspoon fine sea salt
- 1 15-ounce can no salt added diced tomatoes
- 1 15-ounce can no salt added tomato sauce
- 1 15-ounce can kidney beans, rinsed and drained

OPTIONAL TOPPINGS

Sliced scallion, tortilla chips, cilantro, plain yogurt, sliced avocado, cheddar cheese, guacamole, pickled jalapenos

Directions

- 1** Add oil to a large pan over medium-high heat. Add onion, chili powder, and sea salt and cook until onions are soft, up to 5 minutes.
- 2** Add tomatoes, tomato sauce, and beans. Bring to a boil over medium heat. Cook 5 minutes.
- 3** Serve with favorite chili toppings, if desired.

Nutrition Facts: 345 calories, 5g fat, 1g saturated fat, 452mg sodium, 63g carbohydrate, 21g fiber, 17g sugar, 18g protein