

# VEGGIE CHILI



## INGREDIENTS:

1 pound ground turkey, beef, chicken or meatless grounds  
1 tbsp olive oil or avocado oil  
2 large garlic cloves, minced  
1/2 medium onion, diced  
1 small bell pepper, diced  
1 medium carrot, diced  
2 tbsp chili powder  
1 tbsp ground cumin  
1 can tomato sauce (15 oz) + 1/2 can water  
1 can (15 oz) crushed or petite diced tomatoes  
1 can (15 oz) black beans, rinsed and drained  
1 cup frozen corn  
salt and pepper to taste  
Optional: Diced avocado, chopped cilantro, shredded cheese, Greek Yogurt or Sour Cream-dairy or non

## DIRECTIONS:

### STOVETOP DIRECTIONS:

1. In a large pot over medium heat add the oil. Once the oil is hot add ground meat or meatless grounds, garlic, onion, bell peppers, and carrots and sauté for 7-9 minutes or until meat is cooked and no longer pink.
2. Add seasonings, tomato sauce, crushed tomatoes, beans, corn and water. Bring to a boil over medium high heat. Reduce heat to low, cover and simmer for 15 minutes or until carrots are tender. Serve with toppings of choice.

### SLOW COOKER DIRECTIONS:

1. Follow step 1 from stovetop directions.
2. Add meat and veggie mixture to a slow cooker.
3. Add remaining ingredients (except salt and pepper) and stir to combine.
4. Cook on LOW for 8 hours or HIGH for 4 hours.

\*This recipe makes 6 servings but the serving size for the nutritional information below is for 1 serving which is 1.5 cups of soup. Enjoy!!!

*Calories: 302 / Protein: 25 g / Carbs: 26 g / Fat: 11 g*