

Kristyn's Vegetable Chili -3 cook methods

Consistently this works best on stovetop.

2		zucchini	2	Tbs	lemon juice
1	cup	onions, diced			
2		red peppers diced	2	Tbs	cumin
			2	Tbs	oregano
3	cans	14 oz diced tomatoes	2	Tbs	basil
			1	Tbs	pepper
1 ½	cup	kidney beans, (heaping)	1/2	tsp	fennel seed, crushed
1 ½	cup	chickpeas, (heaping)	½	cup	fresh chopped Italian parsley (optional)
4	cloves	minced garlic			
3	Tbs	chili powder			



Procedure

- 1 For picky kids-shred zucchini, mince onion, peppers AND tomatoes in food processor so they are fine particles and not pieces they can pick out as they eat. Otherwise crushed tomatoes are a good option.
- 2 Can use 1 1/2 cups homemade cooked beans or a 15 oz can is a heaping 1 1/2 cup. For canned, drain and rinse beans.
- 3 Stove top method: In a large soup pot sauté zucchini (about 7 minutes) then add onions, garlic and red peppers and sauté. Place the pot on low heat. Add the remaining ingredients other than the beans. Cook, uncovered, stirring often for 30 minutes. Stir in the kidney beans and chick-peas and cook another 15 minutes.
- 4 Crockpot method: Put all ingredients except garlic and spices in crockpot and cook until warm-4-8 hours. Can add spices with other ingredients but for optimal flavor it is best to reserve garlic and spices and add them an hour before serving.
- 5 **Instapot Method: NOTE INGREDIENT CHANGE.**
- 6 If using an IP/pressure cooker, OMIT beans and instead use 1 1/2 cup dry kidney beans presoaked. Also, reserve 1/4 cup of liquid from the canned tomatoes because will be slightly too

3 One Healthy Recipe

soupy with 100% of tomato juices added like stove top method.

- 7 IP: Optional-stir fry onion and garlic on saute setting in IP. Otherwise add all ingredients to IP. Set on "beans" for 50 minutes. Allow natural release.

Servings: 6

Yield: abt 1 cup heaping servings

Nutrition Facts

Nutrition (per serving): 231 calories, 32 calories from fat, 3g total fat, 0mg cholesterol, 254.1mg sodium, 778.1mg potassium, 31.7g carbohydrates, 12.8g fiber, 14.2g sugar, 10g protein.