1. Kristyn’s Vegetable Chili

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| 2 zucchini1 cup onions, diced2 red peppers diced3 cans 14 oz diced tomatoes1 ½ cup kidney beans1 ½ cup chickpeas4 cloves minced garlic3 Tbs chili powder | 2 Tbs lemon juice2 Tbs cumin2 Tbs oregano2 Tbs basil1 Tbs pepper1/2 tsp fennel seed, crushed½ cup fresh chopped Italian parsley (optional) |

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Procedure

* + 1. 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.
		2. 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.
		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.

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.