

CRAVE Vegetarian Chipotle Chili
feel good food

Ingredients:

- Olive Oil – 1 tsp
- Onion, chopped fine – 1 cup
- Garlic, clove – 2-3 cloves
- Chili Powder – 2 tbsp
- Cayenne Pepper – 2 tsp
- Chipotle Chile in Adobo, minced – 1 tsp
- Black Pepper – 0.25 tsp
- Black Beans, drained – 16 oz
- Kidney Beans, drained – 10 oz
- Canned Tomato, no salt added, undrained – 25 oz
- Jalapeno, seeds removed, diced – 0.5
- Rice, white – 2 cups
- Cilantro, sprigs – 2.5 tbsp *(optional)*
- Sour Cream, 14% MF – 5 tbsp *(optional)*
- Whole Wheat Dinner Roll - 5



Makes 5 Servings

Directions:

1. Heat oil in a large saucepan over medium-high heat. Add onion and garlic, sauté 3-5 minutes or until tender.
2. Add chili powder and next 7 ingredients (chili powder through jalapenos); bring to a boil.
3. Reduce heat and simmer for 45-60 minutes.
4. Cook rice until just tender, either on stove top or steamer.
5. Ladle chili over rice and garnish with sour cream and cilantro. Serve with whole wheat dinner roll.

Serving Size: 1 cup Chili over ¾ cup Rice, 1 tbsp Sour Cream, 0.5 tbsp Cilantro, 1 Whole Wheat Dinner Roll

Nutrition Facts	
Serving Size (383 g)	
Servings Per Container	
Amount	% Daily Value
Calories 490	
Fat 6 g	9 %
Saturated 1.5 g	8 %
+ Trans 0 g	
Cholesterol 5 mg	
Sodium 690 mg	29 %
Carbohydrate 71 g	24 %
Fibre 15 g	60 %
Sugars 10 g	
Protein 18 g	
Vitamin A	25 %
Vitamin C	45 %
Calcium	8 %
Iron	20 %