

# Beans and Greens Chili

This warm and spicy chili is earthy and fiery and will fill you up no matter how hungry you are.

<b>Yield:</b> 8 cups	<b>Prep time:</b> 10 minutes	<b>Cook time:</b> 50 to 60 minutes	<b>Serving size:</b> 1 $\frac{1}{3}$ cups
<b>Each serving has:</b> 320 calories 0mg cholesterol 13g sugars	2g total fat 180mg sodium 18g protein	0g saturated fat 63g total carbohydrates 206mg calcium	0g trans fat 21g dietary fiber 5mg iron

- 1 medium yellow onion, chopped
- 2 medium carrots, chopped
- 3 ribs celery, chopped
- 2 cups vegetable broth
- 2 (15-oz.) cans kidney beans, drained and rinsed
- 1 (15-oz.) can chickpeas, drained and rinsed
- 1 (28-oz.) can chopped tomatoes, with juice
- 1 (6-oz.) can tomato paste
- 8 to 12 medium baby bella mushrooms, sliced
- 1 (15-oz.) can corn, rinsed and drained
- 2 or 3 TB. chili powder
- 1 TB. freshly ground black pepper
- 1 TB. curry powder
- 4 cups chopped leafy green vegetables

1. In a large soup pot over medium heat, sauté onions, carrots, and celery in  $\frac{1}{2}$  cup vegetable broth for 5 minutes or until onions are translucent.
2. Add kidney beans, chickpeas, chopped tomatoes, tomato paste, mushrooms, corn, chili powder, black pepper, curry powder, and remaining  $1\frac{1}{2}$  cups vegetable broth. Stir to combine. Reduce heat to medium-low, and simmer for 40 to 50 minutes, stirring occasionally.
3. When chili appears soft, mix in leafy greens and turn off heat. Serve warm.



## HEALTHY HINT

Feel free to experiment with different combinations of beans, veggies, and spices in this chili. Use it as a template to highlight your favorites or whatever you have in your cupboard.