

# Vegetarian Chili

## Ingredients

- 1/2 onion, diced
- 1/2 bell pepper, chopped
- 1 Tbsp. oil
- 1 (4 oz) can diced green chilies
- 1 (14 oz) can diced tomatoes (low-sodium preferred)
- 1 (15 oz) can black or kidney beans (low-sodium preferred)
- 1 (8 oz) can tomato sauce (low-sodium preferred)
- 1/2 Tbsp. chili powder
- 1/2 Tbsp. ground cumin

## Directions

1. In a large stockpot over medium heat add oil, onions, and bell pepper and cook until soft, about 7 minutes.
2. Add all remaining ingredients and cook 10-15 minutes, covered, stirring occasionally until heated through and well combined.

### Extension

UtahStateUniversity.



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