

Loaded Veggie Chili

Ingredients

- 1 Tb. canola oil
- 1/2 medium sized onion, chopped
- 1 cup veggies of choice: zucchini, pumpkin, potatoes, bell peppers, carrots, peas, mushrooms, kale, and/or spinach
- 1 can beans (15 oz), undrained (pinto, kidney, or black)
- 1 can corn (15 oz, drained, or 10 oz package frozen corn)
- 1 can diced tomatoes, undrained (15 oz)
- 1 Tb. chili powder
- 1/2 tsp salt
- 2 tsp. dried oregano
- Optional toppings: shredded cheese, diced onions, cilantro, corn chips, hot sauce, sour cream or plain Greek yogurt

Nutrition Tip: This is a protein- and fiber-packed vegan entree that can be adapted to include whatever veggies you have on hand.



Directions

1. Heat oil in pot. Add chopped onions and cook for ~3 minutes, until soft. Add veggies and saute for ~3 mins (cook longer if needed to soften.)
2. Place contents of all 3 cans into pot. Add chili powder, oregano and salt.
3. Continue to stir over medium heat until heated thoroughly.

No stove? You can easily microwave all ingredients in a large microwavable bowl or heat up with a slow cooker/Croc Pot!

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