VEGETARIAN CHILI

Ingredients

Serves 7 people

2 cans (15oz) kidney or pinto beans, rinsed and drained

1 can (15 oz) diced tomatoes

1 jar (16 oz) chunky salsa

1 sweet potato, peeled and cubed or 1 can sweet potatoes, rinsed and drained

½ cup water

2 tablespoons tomato paste

1 teaspoon garlic

1 teaspoon cumin

1 teaspoon chili powder

Salt and pepper to taste



Directions

1. Place all ingredients into slow cooker and stir to combine.
2. Cover and cook on low for 4 hours or on high for 2 hours.
3. Salt and pepper to taste, if needed. Serve warm and enjoy.

Additional Toppings (OPTIONAL)

Fresh chopped cilantro, diced red onions or scallions, guacamole, shredded cheese or crushed corn chips.

Nutritional Value

297 Calories	11g Protein
1g Fat	778 mg Sodium
38g Carbohydrates	

Marion County Public Health Department

NUTRITION SERVICES