

## Vegetarian Chili, BLD 2 Recipe

Number of Servings: 8 (343.77 g per serving)

Amount	Measure	Ingredient
1.00	cup	Onion, yellow, fresh, chpd
3.00	ea	Garlic, cloves, fresh
3/4	cup	Carrots, fresh, chpd
1.00	ea	Peppers, bell, red, sweet, fresh, lrg, 3 3/4" x 3"
1 1/4	cup	Peppers, bell, green, sweet, fresh, chpd
3/4	cup	Celery, fresh, diced
1.00	Tbs	Oil, canola
19.00	oz	Beans, kidney, red, mature, cnd
28.00	oz	Tomatoes, dices, w/liquid, cnd
1.50	cup	Mushrooms, fresh, pces/slices
15.00	oz	Corn, white, sweet, kernels, unsalted, cnd, w/liquid
1.00	Tbs	Spice, cumin, seeds, ground
1 3/4	tsp	Spice, chili pepper, pwd
0.03	tsp	Spice, pepper, black
6.00	oz	Squash, zucchini, baby, med, fresh
1.50	tsp	Herb, oregano, leaves, dried
1.50	tsp	SPICES, BASIL, FRESH, LEAVES

### Nutrients per serving

Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>(344g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>160</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 370mg	<b>16%</b>
<b>Total Carbohydrate</b> 31g	<b>11%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 9g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 7g	
Vitamin D 0mcg	<b>0%</b>
Calcium 71mg	<b>6%</b>
Iron 3mg	<b>15%</b>
Potassium 817mg	<b>15%</b>
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

### Notes

1. Saute onions, garlic, green peppers, and celery in vegetable oil over medium heat until the vegetables are soft, about 5 minutes.
2. Add carrots and simmer for 5 more minutes
3. Add water, kidney beans, tomatoes, corn, and seasonings. Cook over medium heat for 25 minutes, stirring occasionally.
4. Serve hot at 160 degrees or hotter,