

Veggie Chili with Beans



This hearty, nutrient-packed stew serves up $\frac{2}{3}$ of the daily recommendation for fiber, $\frac{1}{4}$ the daily value for iron (and magnesium and potassium), 10% of the daily value of calcium, nearly 13 grams of protein, and much more, all in fewer than 350 calories and less than \$3.00 USD per bowl. The cost per bowl can be cut significantly by batch cooking this in bulk, cooking the beans from dry rather than using canned, and omitting the mushrooms.

Serves: 10 cups or 5 bowls

INGREDIENTS

- 1 medium yellow onion, roughly chopped
- 1 green bell pepper, seeds and stem removed, roughly chopped
- 2 to 3 cloves of garlic, peeled and roughly chopped
- 4 ounces (110 grams) cremini or white button mushrooms, roughly chopped
- 2 tablespoons (30 milliliters) olive oil (or broth or water—see Notes for modification to cooking instructions for water sauté)
- 1 pound (450 grams) sweet potatoes, small or medium dice, optional
- 2 tablespoons (30 milliliters) chili powder
- 1 teaspoon (5 milliliters) ground cumin
- Kosher salt, to taste, optional
- Freshly ground black pepper, to taste
- 1 (14.5-ounce/400-gram) can low-sodium tomato puree
- 1 (14.5-ounce/400-gram) can low-sodium diced tomatoes, partially blended; should be slightly chunky
- 2 (14.5-ounce/400-gram) cans cooked black beans, drained and rinsed (can use 3 cups [720 milliliters] cooked black, kidney, red, or pinto beans)
- $\frac{1}{2}$ to 1 cup (120 to 240 milliliters) water, if you prefer a thinner chili, optional
- 1 avocado, diced, optional (garnish)
- $\frac{1}{4}$ cup (10 grams) chopped cilantro, optional (garnish)

INSTRUCTIONS

1. In a food processor, pulse onions, bell pepper, garlic, and mushrooms, scraping the sides intermittently to ensure even chopping, until finely chopped to the size of ground beef.
2. Heat a 4- to 6-quart (4- to 6-liter) soup pot over medium-high heat, then add olive oil (see Notes if you prefer water sauté). Add finely chopped vegetables from the food processor and cook uncovered, stirring regularly, for 5 or more minutes, seasoning with a bit of salt (optional) and pepper. Continue cooking and stirring until all liquid has evaporated and vegetables develop some caramelization.
3. Add sweet potatoes (if using), chili powder, ground cumin, and season with a couple pinches of salt (if using) and freshly ground black pepper. Stir to coat the vegetables and prevent burning until spices smell fragrant (less than 1 minute). Then add tomato puree, canned tomatoes, and beans. If you want a thinner chili, you can also add water to achieve the desired thickness. Bring to a simmer, then cover the pot and cook, stirring regularly, for 20 to 30 minutes or until sweet potatoes are tender. Even if not using sweet potatoes, cook at least 20 minutes for flavors to meld. Season to taste with pepper and salt (optional).
4. Garnish with cubes of avocado and chopped cilantro, if desired.

NOTES

- *Water sauté modifications: If using broth or water to sauté the vegetables, they will be more likely to stick and more difficult to develop caramelization. In this case, skip the food processor step and dice the vegetables the size you want them in the chili (e.g., small dice to be more uniform, medium or large dice if you want chunky pieces). To achieve some caramelization, have extra water or broth on hand. Water sauté to the point where the vegetables start to stick and brown slightly, then deglaze with a small amount of liquid, then repeat. Continue this as long as you wish to develop more caramelization or skip altogether if you're OK with a fresher flavor without caramelization.
- Serve chili right away or prepare in advance. It tastes better the next day and keeps in the refrigerator for a week. Can be frozen for 6 or more months.
- Portion into individual serving containers that are microwavable for a quick lunch, or into family-sized containers for a heat-and-eat dinner.
- Makes 3 quarts (3 liters).

Nutritional Info (per cup [240 milliliters]): Calories 173, Total Fat 5.5 g, Saturated Fat 0.8 g, Cholesterol 0 mg, Sodium 177 mg, Total Carbohydrate 26.9 g, Dietary Fiber 8.7 g, Sugars 4 g, Protein 6.4 g, Vitamin A 39%, Vitamin C 20%, Calcium 5%, Iron 14%, Potassium 14%, Zinc 8%, Magnesium 12%

Nutritional Info (per bowl [480 milliliters]): Calories 346, Total Fat 11 g, Saturated Fat 1.6 g, Cholesterol 0 mg, Sodium 354 mg, Total Carbohydrate 53.8 g, Dietary Fiber 17.4 g, Sugars 8 g, Protein 12.8 g, Vitamin A 78%, Vitamin C 40%, Calcium 10%, Iron 28%, Potassium 28%, Zinc 16%, Magnesium 24%

► To view the video for this recipe, and all electronic resources associated with the Culinary Medicine Curriculum, please see <https://bit.ly/culinarymededucation>.
