



Quick Bean Chili



1-800-WIC-1007

Ingredients

- 2 teaspoons olive oil
- 1 medium onion, chopped
- 1 green pepper, diced
- 2 garlic cloves, minced
- $\frac{3}{4}$ cup water
- 2 tablespoons tomato paste
- 2 teaspoons chili powder
- 2 teaspoons ground cumin
- 1 15.5-oz can garbanzo beans, rinsed & drained
- 1 15.5-oz can kidney beans, rinsed & drained
- 1 15.5-oz can black beans, rinsed & drained
- 1 14-oz can vegetable broth
- 1 can diced tomatoes (low-sodium or no salt added)
- $\frac{1}{4}$ cup fresh cilantro (optional)
- 6 tablespoons plain yogurt for serving (optional)
- 6 tablespoons shredded cheese for serving (optional)

Directions

1. Heat a pot on medium heat and add oil.
2. Add the chopped onion, pepper, and garlic to the pan once the oil begins to sizzle. Sauté for about 3 minutes until the onion turns clear.
3. Stir in water, tomato paste, chili powder, cumin, beans, broth, and diced tomatoes. Simmer for about 8-10 minutes.
4. Remove from heat, add cilantro, and serve with yogurt and cheese.

Serves: 6 • Serving Size: $1\frac{1}{3}$ cup • Prep Time: 5 minutes • Cook Time: 15 minutes

Chef Tips

1. Try using frozen vegetables instead
2. Use ketchup or marinara sauce in place of tomato paste
3. Add ground beef, pork, or chicken for a heartier version—add it in the beginning with the onions—you may only need 1 can of beans
4. Add quick-cooking or minute rice
5. Add fresh spinach, kale, frozen peas, etc., at the end to include more veggies

Supplies

- Large pot
- Wooden spoon
- Measuring cups
- Measuring spoons
- Cutting board
- Knife
- Strainer



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Nutrition Facts Per Serving: 291 Calories, 8 g Fat, 43 g Carbohydrate, 16 g Protein, 407 mg Sodium