

Easy Vegetarian Skillet Chili

This simple chili is lower in sodium than pre-made chili. You can customize it by adding more spice or toppings. Make the recipe stretch by adding more tomatoes or low sodium broth. Recipe adapted from the New York Times top rated recipe at this web address:

<https://cooking.nytimes.com/recipes/1017704-vegetarian-skillet-chili>

Makes enough 2 adults and 3-4 kids

Takes about 10-15 minutes to make

Ingredients

- 1 onion
- 1 teaspoon chili powder
- 1 teaspoon dried oregano
- 3 cloves garlic (or 1 tsp garlic powder)
- 1 can crushed tomatoes
- 1 can pinto beans
- 1 can black beans

Add these for spices for more flavor **(not provided for the November 2023 cooking class)**

- 1 teaspoon chipotle chili powder
- ½ teaspoon smoked paprika
- ½ chipotle pepper in adobo sauce
- 1 teaspoon brown sugar

Optional Toppings **(not provided for the November 2023 cooking class)**

- 1 red bell pepper, chopped
- ¼ head cabbage, chopped
- 1 avocado
- Cilantro
- Sour cream
- Shredded cheddar cheese
- Fresh lime juice (from 1-2 limes) squeezed over fresh cabbage

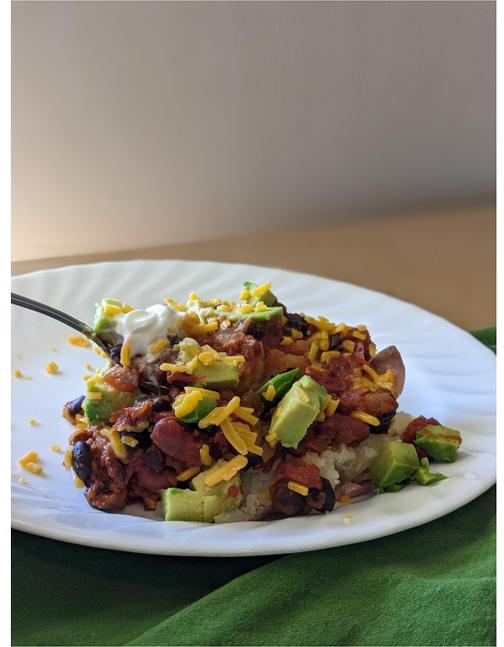
Directions

Chop the onion into tiny pieces and cook over medium heat for 7 minutes until the onion is see through and starting to brown. Stir the onion every 2 minutes so it cooks evenly.

While the onion is cooking, chop the garlic as finely as you can. Open and drain the cans of beans. Open the can of tomatoes. Measure the spices.

Once onion is see through and starting to brown, add in the 3 cloves of chopped garlic, 1 teaspoon chili powder, 1 teaspoon oregano and cook for 30 seconds. Quickly stir in the can of crushed tomatoes and both cans of beans. (if desired, you can also add any additional spices and brown sugar at this time).

Stir chili together until heated through. It's ready once it's heated through. For better flavor, allow to simmer on the stove for 5-10 minutes before eating. Add salt to taste. Top with chopped cabbage, avocado, cilantro, sour cream, and cheese. Delicious on top of a baked potato.



Nutrition Comparison

Vegetarian Chili Skillet has a lot less sodium than regular canned chili

Canned Chili (hormel)	Vegetarian Skillet Chili
Cost: 2.59 per can (2 cups)	Cost: 3.50 per recipe (3 cups)
270 Calories (per cup)	140 Calories
9 g fat	7 g fat
990 mg salt	270 mg salt
7 g fiber	7.5 g fiber
17 g protein (this chili has meat, meat = more protein)	7 g protein (adding ground beef will increase the protein)
Iron 10% daily need	Iron 10% daily need

Did you know that baked potatoes are high in vitamin C?

The vitamin C found in potatoes and tomatoes helps the body to absorb the iron found in beans.

Make sure to rinse the canned beans before you use them. This decreases the sodium by 40%. Too much sodium can increase your risk for heart disease and high blood pressure.