

Vegetable Bean Chili- Crockpot Recipe

PREP TIME: 10-15 MINS

COOK TIME: 6-8 HOURS ON LOW

YIELDS: (1) 6-QT CROCKPOT VOLUME

8-9 TWO CUP PORTION MEALS

Ingredients

- 1 can diced tomatoes (28oz)
- 1 can tomato paste (6oz)
- 2 cans black beans, drained & rinsed
- 2 cans kidney beans, drained & rinsed
- 1 large onion, chopped
- 4 garlic cloves, minced
- 1 red bell pepper, diced
- 1 green pepper, diced
- 1 large carrot, diced
- 2 cups corn kernels
- 1 zucchini, diced
- Dry seasoning (see chef's tips #1; or use pre-packaged chili seasoning)
- 1 ½ cups vegetable broth

Qualities

Texture: Multi

Scent : 7/10

Spice Level: 0/10

Benefits

- Anti-inflammatory



Nutrition Content for 1/9 Recipe

Calories: 348kcal

Fat: 2.3g

Protein: 19.1g

Carbohydrates: 66.6

Fiber: 19.9g

Added sugar: 0g

Sodium: 334.2mg

Directions

1. Combine all ingredients in crock pot.
2. Cook on low for 6–8 hours.
3. Adjust seasoning as desired after taste-testing. Toppings such as sour cream, cheddar cheese, avocado, or cilantro can be added on top.



Chef's Tips

1. Seasoning blend can include 2 tsp chili powder, 1 ½ tsp ground cumin, 1 tsp smoked paprika (or regular), 1 tsp dried oregano, 1 tsp salt (or adjust to taste), and ½ tsp black pepper. Other dry seasonings can be added such as coriander, garlic powder & onion powder. Alternatively, a pre-made seasoning packet from the grocery store can be used.
2. Recipe can also be made in a large pot; add ingredients into pot and cook for 45–50 minutes.
3. A variety of beans can be used and adjusted as desired.
4. Any vegetables can be added to this recipe. In addition, the vegetables & beans listed can be adjusted as desired or swapped for others.
5. For an extra boost of flavor, fire-roasted diced tomatoes or corn can be used. Ingredients such as jalapenos or poblano peppers can also be added.
6. Meat can be added. Cubed, raw meat is recommended due to the convenience of not needing to cook it ahead of time. If choosing to add ground meat, we recommend cooking & draining before freezing (but cool before adding to bag). Raw ground meats will make the chili greasy and clumpy as it cooks.