

Enchilada Chili

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 10

Serving size: 1 cup

Ingredients	Quantity	Measure
Vegetable or Canola Oil	2	Tbsp.
Onion, Red, small dice	½	cup
Red Bell Pepper, small dice	1	cup
Mushrooms, Button, diced	4	cups
Garlic, Fresh, minced	2	Tbsp.
Tomatoes, Canned, Diced	2 ½	cups
Vegetable Broth, low sodium	2 ½	cups
Cumin, ground	1	Tbsp.
Paprika	1	Tbsp.
Oregano, dried, ground	1	Tbsp.
Chili Powder	1	Tbsp.
Salt	1	Tbsp.
Black Pepper	1	Tbsp.
Kidney Beans, canned, drained, rinsed	4	cups
Black Beans, canned, drained, rinsed	4	cups
Refried Beans	1	cup
Mild Red Enchilada Sauce	1	cup

Preparation

1. Over medium heat, in a pot, add oil, sauté chopped onion, peppers, mushrooms and garlic for 5 minutes. Add the tomatoes, broth, cumin, paprika, oregano, chili powder, salt and pepper. Cook for 30 minutes, until the vegetables are soft.
2. Add the kidney beans, black beans, refried beans and enchilada sauce, and continue to cook for 1 hour until chili is thick and vegetables and beans are soft.

Serving Information/Notes

Serve with tortilla chips.

Nutrition Information

*From USDA Nutrient Database

Calories: 274 Total Fat: 4.6g Saturated Fat: 0.6g Monounsaturated Fat: 2.3g Polyunsaturated Fat: 1.5g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 43.5g Fiber: 16.2g Total Sugars: 5.7g Protein: 14.6g Sodium: 1690mg Vitamin A: 52µg Vitamin C: 25mg Calcium: 102mg Iron: 4.3mg Folate: 108µg