



Chunky Vegetarian Chili

This **vegetable chili** recipe a great way to get kids to eat fiber-rich foods. It can be taken on camping trips or packed in a thermos for school lunches.



Photo by: Photography:
Becky Luigart-Stayner;
Styling: Melanie J. Clarke

YIELD: 8 servings (serving size: 1 cup)

COURSE: Soups/Stews

Ingredients

- 1 tablespoon vegetable oil
- 2 cups chopped onion
- 1/2 cup chopped yellow bell pepper
- 1/2 cup chopped green bell pepper
- 2 garlic cloves, minced
- 1 tablespoon brown sugar
- 1 1/2 tablespoons chili powder
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 2 (16-ounce) cans stewed tomatoes, undrained
- 2 (15-ounce) cans black beans, rinsed and drained
- 1 (15-ounce) can kidney beans, rinsed and drained
- 1 (15-ounce) can pinto beans, rinsed and drained

Preparation

Heat the oil in a Dutch oven over medium-high heat. Add onion, bell peppers, and garlic; sauté 5 minutes or until tender. Add sugar and remaining ingredients, and bring to a boil. Reduce heat, and simmer 30 minutes.

Nutritional Information

Amount per serving

Calories: 257

Calories from fat: 9%

Fat: 2.7g

Saturated fat: 0.3g

Monounsaturated fat: 0.5g

Polyunsaturated fat: 1.2g

Protein: 12.8g

Carbohydrate: 48.8g

Fiber: 14.2g

Cholesterol: 0.0mg

Iron: 4.5mg

Sodium: 876mg

Calcium: 150mg

[Nutrition Guidelines for Healthy Living](#)

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\$ Local deals for ingredients in this recipe:

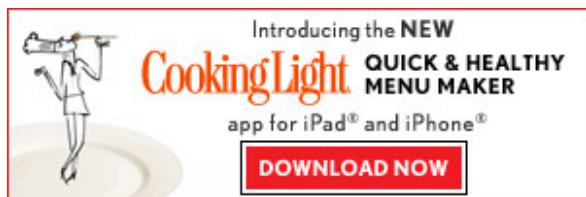
[PRINT](#)

| Store | Ingredient | Price Special | Unit Cost |
|-------------------------|---|------------------------------------|-----------|
| A&P | Onions Sweet | \$1.79 Valid through 01/05 | \$0.11/oz |
| Acme Markets | Hanover Kidney Beans, Redskin, Light Red | 10 for \$10.00 Valid through 01/05 | \$0.06/oz |
| Acme Markets | Hanover Regular Pinto Bean | 10 for \$10.00 Valid through 01/05 | \$0.07/oz |
| Acme Markets | Tuttorosso Peeled Plum Shaped Tomatoes in Tomato Juice, Italian Style | 10 for \$10.00 Valid through 01/05 | \$0.04/oz |
| Associated Supermarkets | Allen's Kidney Beans, Dark Red | 3 for \$2.00 Valid through 01/05 | \$0.04/oz |
| Associated Supermarkets | Peppers Bell, Field Grown Red, Green, & Yellow | \$1.29 Valid through 01/05 | \$0.08/oz |
| Fine Fare Supermarkets | Contadina Roma Style Tomatoes, Sauce | 5 for \$3.00 Valid through 01/07 | \$0.08/oz |
| Fine Fare Supermarkets | Crisco Corn Oil Pure | \$3.49 Valid through 01/07 | \$0.07/oz |
| Fine Fare Supermarkets | Crisco Vegetable Oil Pure | \$3.49 Valid through 01/07 | \$0.07/oz |
| Fine Fare Supermarkets | Diamond Crystal Kosher Salt | \$1.79 Valid through 01/07 | \$0.04/oz |
| Fine Fare Supermarkets | Onions Yellow/Brown | \$0.99 Valid through 01/07 | \$0.06/oz |
| Fine Fare Supermarkets | Peppers Bell, Field Grown Red, Green, & Yellow | \$0.99 Valid through 01/07 | \$0.06/oz |
| Foodtown | Diamond Crystal Salt Iodized Salt | 3 for \$2.00 Valid through 01/05 | \$0.03/oz |
| Foodtown | Onions Red | \$0.99 Valid through 01/05 | \$0.06/oz |
| Foodtown | Onions Yellow/Brown | 3 for \$2.49 Valid through 01/05 | \$0.05/oz |
| Foodtown | Peppers Bell, Field Grown Red, Green, & Yellow | \$1.69 Valid through 01/05 | \$0.11/oz |

| | | | |
|------------------|---|----------------------------------|-----------|
| Key Food | Mccormick Black Pepper Ground | \$3.49 Valid through 01/05 | \$0.87/oz |
| Key Food | Onions Sweet | \$0.99 Valid through 01/05 | \$0.06/oz |
| Key Food | Tuttorosso Tomatoes, Peeled Plum Shaped | 5 for \$5.00 Valid through 01/05 | \$0.03/oz |
| Met | Onions Organic Yellow/Brown | \$2.99 Valid through 01/07 | \$0.19/oz |
| Met | Onions Yellow/Brown | 2 for \$3.00 Valid through 01/07 | \$0.09/oz |
| Met | Peppers Bell, Field Grown Red, Green, & Yellow | \$1.49 Valid through 01/07 | \$0.09/oz |
| Pathmark | Diamond Crystal Kosher Salt | \$0.79 Valid through 01/05 | \$0.02/oz |
| Pathmark | Progresso Cannellini, White Kidney Beans | \$0.88 Valid through 01/05 | \$0.05/oz |
| Shop Rite | Cento San Marzano Peeled Tomatoes, Italian, with Basil Leaf | \$2.99 Valid through 01/07 | \$0.11/oz |
| Shop Rite | Onions Yellow/Brown | \$2.49 Valid through 01/07 | \$0.16/oz |
| Shop Rite | Peppers Bell, Field Grown Red, Green, & Yellow | \$1.49 Valid through 01/07 | \$0.09/oz |
| Shop Rite | Peppers Bell, Greenhouse | \$2.99 Valid through 01/07 | \$0.19/oz |
| Shop Rite | Peppers Bell, Greenhouse | \$2.99 Valid through 01/07 | \$0.19/oz |
| Shop Rite | Tuttorosso Tomatoes, Peeled Plum Shaped | 4 for \$3.00 Valid through 01/07 | \$0.02/oz |
| Stop & Shop | Onions Sweet | 3 for \$2.99 Valid through 01/05 | \$0.06/oz |
| Stop & Shop | Peppers Bell, Field Grown Red, Green, & Yellow | 3 for \$3.99 Valid through 01/05 | \$0.08/oz |
| Waldbaum's | Onions Sweet | \$1.79 Valid through 01/05 | \$0.11/oz |
| Waldbaum's | Onions Yellow/Brown | 3 for \$2.99 Valid through 01/05 | \$0.06/oz |
| Waldbaum's | Peppers Bell, Field Grown Red, Green, & Yellow | 3 for \$3.99 Valid through 01/05 | \$0.08/oz |
| Walgreens - Food | Morton Iodized Salt | \$0.59 Valid through 01/07 | \$0.02/oz |



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