

# One-Pot Black Bean Chili



PREP TIME

5 mins

COOK TIME

25 mins

TOTAL TIME

30 mins



COURSE

Dinner, Gluten Free, Lunch



SERVINGS

4 servings

CALORIES

288 kcal

## INGREDIENTS

- 3 cups vegetable broth
- 15 oz black beans canned
- 2 cups diced sweet potato
- 1 16 oz jar of salsa
- 1 cup TVP
- 2 tsp chili powder
- 1 tsp cumin
- ½ tsp onion powder
- ½ tsp garlic powder

## INSTRUCTIONS

1. In a large stockpot on medium heat, add all ingredients.
2. Bring pot to a simmer, cover and allow to cook for 25 minutes, or until sweet potatoes are cooked through. Top with diced jalapenos, crunched up tortilla chips, vegan cheese, etc! The topping options are endless.

## NUTRITION

### Nutrition Facts

One-Pot Black Bean Chili

**Amount Per Serving**

<b>Calories</b>	288	Calories from Fat	18
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		<b>% Daily Value*</b>	
<b>Fat</b>	2g	3%	
<b>Carbohydrates</b>	57g	19%	
Fiber	15.9g	66%	
<b>Protein</b>	25g	50%	

\* Percent Daily Values are based on a 2000 calorie diet.



**Tried this recipe?**

Let us know how it was!