

# Clean Eating

*Improving your life one meal at a time.*

## Indian-Spiced Vegetarian Chili

A potpourri of spices – cardamom, coriander, turmeric, cumin, curry – and various veggies give our vegetarian chili ample Indian flavor for a mere 132 calories.

By Emily Christopher | Photo:

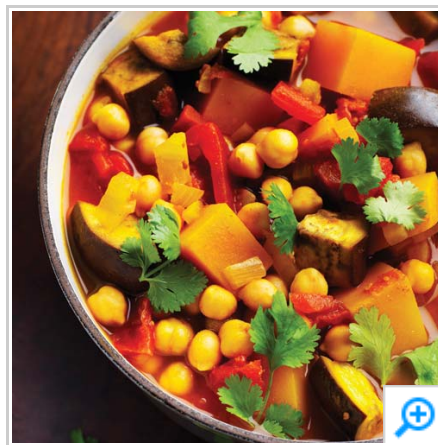
Serves: 8

Hands-on time: 15 minutes

Total time: 55 minutes

CATEGORY:

[Gluten Free](#), [Vegetarian](#)



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### INGREDIENTS:

- 2 tsp olive oil
- 1 yellow onion, peeled and diced
- 1 clove garlic, minced
- 1/2 tsp ground ginger
- 1/2 tsp ground cardamom
- 1 tsp ground coriander
- 1 tsp ground turmeric
- 1 tsp ground cumin
- 2 tsp curry powder
- 1/4 tsp sea salt
- 1 eggplant, diced (about 2 cups)
- 2 cups peeled and diced pumpkin
- 2 cups cooked chickpeas (aka garbanzo beans) or BPA-free canned chickpeas, drained and rinsed well
- 28 oz boxed diced tomatoes with juices
- Fresh cilantro leaves for garnish, optional

### INSTRUCTIONS:

In a large stockpot, heat oil on medium–high. Add onion and garlic and cook, stirring, until garlic is fragrant and onion softens, about 2 minutes. Add ginger, cardamom, coriander, turmeric, cumin, curry powder and salt; reduce heat to medium–low and stir until onion is coated and very soft, about 4 minutes. Add eggplant, pumpkin and chickpeas and cook, stirring frequently, until pumpkin is softened slightly, about 5 minutes. Add tomatoes with juices and 1 cup water; stir gently and simmer until thickened, 25 to 30 minutes. Ladle into serving bowls and garnish with cilantro, if desired.

Nutrients per 1 1/8–cup serving: Calories: 132, Total Fat: 3 g, Sat. Fat: 0.5 g, Carbs: 23 g, Fiber: 7 g, Sugars: 8 g, Protein: 6 g, Sodium: 102 mg, Cholesterol: 0 mg