



# Vegetable Chili

**Prep time:** 20 minutes

**Cook time:** 50 minutes

**Makes:** 5 Servings

Chunks of zucchini, sweet potatoes and frozen corn add a creative twist to this chili dish. Combined with canned beans and diced tomatoes this tasty one-pot meal will hit the spot.

## Ingredients

- 2 tablespoons** vegetable oil
- 2** yellow onions (peeled and coarsely chopped)
- 2** zucchini (cubed)
- 2** sweet potatoes (cubed)
- 3 cloves** garlic (peeled and minced)
- 2 teaspoons** ground cumin
- 2 tablespoons** chili powder
- 2 teaspoons** dried oregano

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>427</b>
Total Fat	8 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	480 mg
Total Carbohydrate	78 g
Dietary Fiber	21 g
Total Sugars	18 g
Added Sugars included	0 g
<b>Protein</b>	<b>20 g</b>
Vitamin D	0 mcg
Calcium	196 mg
Iron	7 mg
Potassium	1643 mg

N/A - data is not available

### MyPlate Food Groups

 Vegetables	3 1/4 cups
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**3 cans** 16 ounce low-sodium dark red kidney beans  
(drained and rinsed)

**2 cans** 14.5 ounce low-sodium diced tomatoes

**2 cups** frozen corn (unthawed)

## Directions

1. Put the pot over medium heat and when it is hot, add the oil. Add the onions, zucchini, sweet potatoes, garlic and spices and cook, stirring from time to time, 20 minutes.
2. Add the kidney beans and tomatoes. Stir and cook, covered, until the squash is tender, about 30 minutes.
3. Add the corn and cook until warmed throughout.
4. Serve right away or transfer to a container once cooled. Refrigerate up to 5 days.

**Source:** USDA Center for Nutrition Policy and Promotion