

# Ali's Vegetarian Chili

By: Ali Schulze

This vegetable chili is sure to **keep you warm through the winter months**. And with **15g of fiber per serving**, this dish is packed with the **nutrients** to keep you full!

**Prep Time:** 15 minutes  
**Cook Time:** 30 minutes  
**Total Time:** 45 minutes  
**Yield:** 10 (1 cup) servings

## Ingredients:

- 1 green pepper, diced
- 1 red pepper, diced
- 1 small sweet onion, diced
- 2 Tbl Olive Oil
- 2 medium sweet potatoes, peeled and diced
- 1 cup frozen corn
- 2 cans petite diced tomatoes
- 2 (15 oz) cans black beans, rinsed
- 2 (15 oz) can kidney beans, rinsed
- 1 small can of tomato paste
- 1/2 large can of tomato juice
- 1/2 tsp Cumin
- 1/2 tsp Chili Powder
- 1/2 tsp Garlic
- Dash of Paprika
- Black Pepper (to taste)
- Salt (to taste)

**Instructions:** Wash, peel, and cut vegetables. Heat oil in pan. Sauté onion and peppers until soft. Add sweet potatoes, tomatoes, beans, corn and tomato paste, vegetable broth and tomato juice. Stir to mix all together. Add cumin, chili powder, garlic, pepper and salt. Bring to a boil then simmer for 30 minutes. **Enjoy!**

## Nutrition information per serving:

276 calories (47g carbs, 4g fat, 13g protein)

