

Vegetarian Chili

This yummy dish is full of nutrients and fiber to keep you full until your next meal!

Makes: 8 servings
Prep Time: 15 minutes
Cook Time: 30 minutes

Source:
<https://www.foodhero.org/recipes/vegetarian-chili>

Ingredients

- 2 teaspoons vegetable oil
- 2 cloves garlic, minced or 1/2 teaspoon garlic powder
- 1 medium onion, chopped
- 1 green bell pepper, chopped
- 2 cups fresh mushrooms, sliced
- 1 cup corn, frozen or canned and drained
- 1 can (15.5 ounce) pinto beans, drained and rinsed
- 1 can (8 ounce) tomato sauce
- 1 can (14.5 ounce) stewed tomatoes
- 1/2 cup bulgur, uncooked/quinoa
- 1/2 cup water
- 1 teaspoon dried oregano
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 1 cup cheddar cheese, grated (low fat)

Directions

1. Heat oil in large skillet over medium-high heat (350 degrees in an electric skillet).
2. Add garlic, onion, pepper, and mushrooms and saute until tender, 6-8 minutes.
3. Add remaining ingredients except cheese.
4. Reduce heat to low, cover and cook until bulgur is soft, 10-15 minutes.
5. Sprinkle with grated cheese and serve.
6. Refrigerate leftovers within 2 hours.



Small Changes, BIG Difference!

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Nutrition Information

Serving Size: 1 cup

Nutrients	Amount
Calories:	170
Total Fat:	3 g
Saturated Fat:	1 g
Cholesterol:	5 mg
Sodium:	540 mg
Total Carbohydrates:	25 g
Dietary Fiber:	7 g
Total Sugars:	5 g
Added Sugars:	0 g
Protein	10 g

Utensils Needed

- Skillet
- Cutting Board
- Knife
- Measuring Spoons

SHOPPING LIST

Average total cost without oil and seasonings: \$14.73

Average cost/serving: \$1.84

Recipe makes: 8 servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Onion: \$0.70



Add 2 to Cart
Sliced Mushrooms (8 oz):
\$3.96



Add 1 to Cart
Green Pepper: \$0.80



Add 1 to Cart
Frozen Whole Kernel Corn (12 oz): \$1.00



Add 1 to Cart
Pinto Beans (15.5 oz): \$0.58



Add 1 to Cart
Stewed Tomatoes (15.5 oz):
\$0.46



Add 1 to Cart
Tomato Sauce (8 oz): \$0.32



Add 1 to Cart
Quinoa (16 oz): \$2.97



Add 1 to Cart
Low fat Cheddar Cheese:
\$2.20



Add 1 to Cart
Minced Garlic (8 oz): \$1.74

SAVE TIME, SAVE MONEY

Cooking Tips

- Use kidney or black beans instead of pinto beans.
- Top with light sour cream or plain Greek yogurt.
- Cook your own dry beans. One can (15 ounces) is about 1 1/2 to 1 3/4 cups drained beans.

Similar Recipes

- Cut on costs by reusing these ingredients in other recipes found on snapedny.org, such as:
 - Apple Corn Chili
 - Garden Vegetable Stir-Fry

My Cooking Notes