

Recipe for

TWO BEAN VEGGIE CHILI

EQUIPMENT NEEDED Oven, Baking Sheet, parchment paper

SERVES 6 ESTIMATED COST \$8.25 COST PER SERVING \$1.37

INGREDIENTS

- 1 tbsp olive oil
- 1 yellow onion, chopped
- 2 cloves garlic, minced
- 1 ea 15oz can tomatoes, drained
- 1 ea 15 oz can pinto beans, drained and rinsed
- 1 ea 15 oz can kidney beans, drained and rinsed
- 1 tbsp chili powder
- 1 tsp salt
- 1 tsp pepper
- 1 jalapeno, diced

METHOD OF PREPARATION

- In a medium sized pot, warm oil over medium heat. Add onions and a pinch of salt. Sauté 3-5 minutes or until translucent/8-10 minutes or until golden brown.
- Add in garlic, tomatoes, pinto beans, black beans, powder, salt, pepper, and jalapeno and bring to a boil. Then reduce to a simmer and cook uncovered for 20 minutes, stirring occasionally.
- Top with sour cream, shredded cheese or enjoy with a side of cornbread!

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NUTRITION INFORMATION

Two bean veggie chili

Nutrition Facts

Serving Size: 1 Serving

Amount Per Serving		% Daily Value*
Calories	209.5 kcal	10 %
Total Fat	4 g	6 %
Saturated Fat	0.6 g	3 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	453.5 mg	19 %
Total Carbohydrate	34 g	11 %
Dietary Fiber	9.8 g	39 %
Sugars	5.5 g	
Protein	11.5 g	23 %
Vitamin A	14 %	Vitamin C 22 %
Calcium	12 %	Iron 15 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Full Info at cronometer.com

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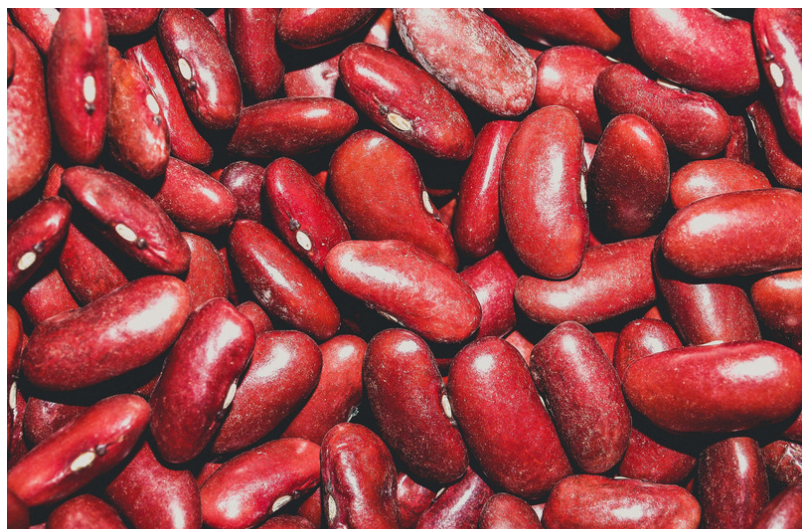
HEALTH BENEFITS

Pinto Beans- are full of antioxidants, fiber, and proteins. In some studies pinto beans have shown to help improve blood sugar regulation.



HEALTH BENEFITS

Kidney Beans- contain 8.7g of protein in addition to large amounts of potassium and iron which are both important for heart health. Iron deficiency can cause irregular heartbeats.



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