



# One Pot Bean Chili

**Yield:** 4 servings

## Ingredients

### Chili:

- 1 (15 ounce) can black beans, low sodium, not drained
- 1 (15 ounce) can diced tomatoes
- ½ cup vegetable stock, low sodium
- 1 tablespoon chili powder
- 1 tablespoon ground cumin
- 1 tablespoon dried oregano
- ¼ teaspoon kosher salt
- ½ cup chopped red onion
- 1 ¼ cups chopped green bell pepper
- ½ cup chopped zucchini
- ¼ cup chopped carrot
- ½ cup frozen corn

### Garnish:

- 1 each tortillas, whole wheat or corn
- Nonstick cooking spray
- 2 tablespoons shredded sharp cheddar cheese

## Instructions

1. Heat oven to 350 degrees.
2. Combine all chili ingredients in a medium sized saucepan over medium heat. Bring to a simmer. Cook for 30 minutes to allow the flavors to develop and for the chili to thicken.
3. To make tortilla strip garnish: cut tortillas into 1/4 inch by 2 inch strips and place on a parchment paper lined baking sheet pan. Lightly spray with nonstick cooking spray. Bake until golden brown.
4. To serve, sprinkle with cheese and add tortilla strips.



## Nutrition Information

**Serving Size:** 1 cup

Calories: 186  
Total Fat: 3.7 g  
Saturated Fat: 0.9 g  
Monounsaturated Fat: 1.1 g  
Polyunsaturated Fat: 0.5 g  
Sodium: 248 mg  
Total Carbohydrate: 31 g  
Dietary Fiber: 8 g  
Sugars: 4 g  
Protein: 9.2 g

Source: Goldring Center for  
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