



Elliott Evans Nutrition, LLC
Prevent and Protect
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BIG-BATCH VEGGIE CHILI *(Southern Living)*

Makes 12-15 Servings

- 2 large carrots, diced
- 1 medium onion, diced
- 1 tablespoon vegetable oil
- 1 (3.625-oz) package chili seasoning kit
- 1 (8-oz) can tomato sauce
- 3 cups tomato juice
- 2 (14.5) cans diced tomatoes, undrained
- 2 (15-oz) cans black beans, drained and rinsed
- 2 (15-oz) cans great Northern beans, drained and rinsed
- 1 large zucchini, chopped
- 1 yellow squash, chopped
- 1 cup frozen whole kernel corn

Toppings: chopped fresh cilantro, sour cream, chopped green onions, shredded sharp Cheddar cheese, chopped tomatoes

1. Sauté carrots and onion in hot oil in a 5-to-6 quart Dutch oven over medium heat 7 minutes or until onions are translucent. Stir in half of red pepper packet from chili kit; stir in all of remaining packets. Sauté mixture for 2 minutes. Stir in tomato sauce and next 7 ingredients.
2. Bring to a boil; cover, reduce heat to medium low, and simmer, stirring occasionally, 30 minutes or until vegetables are tender. Serve with desired toppings.