



**Elliott Evans Nutrition, LLC**  
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### **THREE-BEAN CHILI WITH VEGETABLES**

*(Cooking Light Magazine)*

Chipotle chiles add a subtle smokiness and a touch of spicy heat. Cook this hearty, kid-friendly dish up to two days ahead.

Thin it with a little water when reheating, if necessary.

- 1½ tablespoons canola oil
- 2 cups chopped onion
- 2/3 cup chopped carrot
- 4 garlic cloves, minced
- 4 cups water
- 2 cups frozen whole kernel corn
- 1 cup chopped red bell pepper
- 1 cup chopped zucchini
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- ¾ teaspoon salt
- 2 (28-oz) cans crushed tomatoes
- 2 (16-oz) cans kidney beans, rinsed & drained
- 2 (15-oz) cans pinto beans, rinsed & drained
- 2 (15-oz) cans black beans, rinsed & drained
- 1 (6-oz) can no-salt-added tomato paste
- 1½ tablespoons rice vinegar
- 1½ teaspoons – 1 tablespoon finely chopped chipotle chile, canned in adobo sauce
- 1 cup chopped fresh cilantro
- 1 cup (4 ounces) shredded reduced-fat cheddar cheese
- 1 cup reduced-fat sour cream

Heat oil in a large stockpot, over medium-high heat. Add onion, carrot and garlic; sauté 5 minutes. Stir in 4 cups water and next 12 ingredients (through tomato paste), bring to a boil. Cover, reduce heat, and simmer 25 minutes or until carrot is tender, stirring occasionally. Stir in vinegar and chipotle. Top with fresh cilantro, cheese, and sour cream.

Yields 16 servings (serving size: 1¼ cups chili, 1 tablespoon cilantro, 1 tablespoon cheese, 1 tablespoon sour cream).

CALORIES 211 (26% from fat); FAT 6.1g (sat 2.4g, mono 1.5g, poly 0.9g); PROTEIN 10.3g; CARB 34.6g; FIBER 8.8g; CHOL 11mg; IRON 3.5mg; SODIUM 708mg; CALC 159mg.