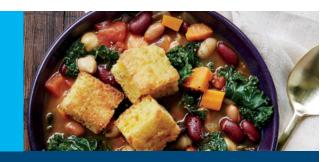
VitaMin



Vital health information in a minute

Photo: Squire Fox

FIVE-BEAN CHILI

Yield: 8 servings (serving size: about 1-1/2 cups) Total time: 1 hour, 15 minutes

Ingredients

- > 1 tablespoon canola oil
- 2 cups pre-chopped onion
- 1 cup chopped carrot
- 2 tablespoons unsalted tomato paste
- 2 tablespoons minced fresh garlic
- > 1-1/2 teaspoons dried oregano
- > 1-1/2 teaspoons chili powder
- 1 teaspoon kosher salt
- 1/2 teaspoon Spanish smoked paprika
- 4 cups stemmed and torn kale
- 3 cups organic vegetable broth
- 2 red bell peppers, chopped
- 1 jalapeño pepper, seeded and chopped
- 1 (14.5-ounce) can unsalted diced tomatoes, undrained
- 1 (15-ounce) can unsalted black beans, rinsed and drained

- 1 (15-ounce) can unsalted kidney beans, rinsed and drained
- 1 (15.5-ounce) can unsalted chickpeas (garbanzo beans), rinsed and drained
- 1 (15.8-ounce) can unsalted Great Northern beans, rinsed and drained
- 1 (16-ounce) can unsalted pinto beans, rinsed and drained

Preparation

Heat a large Dutch oven over medium heat. Add oil; swirl to coat. Add onion and carrot; sauté 10 minutes or until tender. Stir in tomato paste and next 5 ingredients (through paprika); cook 2 minutes, stirring constantly. Add kale and remaining ingredients. Cover and simmer 45 minutes.

Nutritional information

Amount per serving

Calories: 221

> Fat: 2.8 g

Saturated fat: 0.2 g

Monounsaturated fat: 1.2 g

Polyunsaturated fat: 0.7 g

> Protein: 11 g

> Carbohydrate: 39 g

> Fiber: 12 g

> Cholesterol: 0.0 mg

Iron: 3 mg

> Sodium: 520 mg

> Calcium: 153 mg

Source: Printed with permission of Cooking Light, September 2014

Together, all the way.



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