

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

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