



Eat Well *on a Budget* Easy Vegetarian Game Day Chili

Makes 6 servings, about 1 1/2 cups each.



Ingredients

- ½ tablespoon olive oil
- 1 yellow onion, chopped
- 1 (4 ounce) can mild green chiles
- 2 ½ tablespoons mild chili powder
- 1 tablespoon cumin
- 1 teaspoon coriander
- ½ teaspoon dried oregano
- ½ teaspoon garlic powder
- ¼ teaspoon paprika
- ¼ teaspoon cayenne pepper
- ¼ teaspoon salt
- Freshly ground black pepper
- 2 (14.5 oz) cans Cadia diced tomatoes
- ¾ cup Cadia vegetarian broth
- 1 (15 oz) can Cadia black beans, rinsed and drained
- 1 (15 oz) can Cadia kidney beans, rinsed and drained
- 1 (15 oz) can Cadia pinto beans, rinsed and drained
- 1 (15 oz) can of Cadia sweet corn

Directions

1. Place oil in a large pot and place over medium high heat. Add in onion and saute for 5-7 minutes, stirring frequently.
2. Add in green chiles and cook 1-2 more minutes
3. Next add in chili powder, cumin, coriander, oregano, garlic powder, paprika, cayenne pepper, salt and black pepper; stir for about 30 seconds.
4. Finally add in diced tomatoes plus their juice, broth, beans and corn, mix well.
5. Bring to a boil, then reduce heat and simmer for 30-45 minutes or until chili thickens and flavors come together.
6. Taste and adjust seasonings and salt as necessary.

Garnish Ideas:

Lime, Corn Chips, Cheese, Avocado, Cilantro, Sour cream

