

10-Minute Chili



This quick, affordable and family friendly chili is packed with vegetables, fiber and plant-based protein. Made with pantry staples and fresh produce, it comes together in just 10 minutes and is perfect for busy weeknights.

Ingredients

- ½ onion, *diced*
- 2 celery stalks, *diced*
- 1-2 zucchini, *chopped*
- 2 bell peppers, *chopped*
- 1 can corn, *drained and rinsed*
- 1 can diced tomatoes (with juices)
- 3 cans beans, *drained and rinsed*
- Options: pinto, red kidney, cannellini, navy, or a mix
- 1 tsp pepper
- 1 tsp garlic powder
- 1 tsp cumin
- 1 tsp paprika
- 1 tsp chili powder

Optional AddIns

- Lean ground turkey (*brown first if using*)
- Toppings: chives, cheese, avocado, cilantro or plain Greek yogurt

Instructions

1. Sauté the Base

Heat a splash of olive oil in a pot over medium heat. Add the diced onion and celery and cook for 2 - 3 minutes, stirring to prevent burning.

2. Add More Vegetables

Stir in the zucchini and bell peppers. Cook a few minutes until slightly softened.

3. Add Canned Vegetables

Pour in the drained corn and the can of diced tomatoes with all its juices. Stir to combine.

4. Add the Beans

Add three cans of rinsed beans – any combination you like.

5. Season the Chili

Sprinkle in:

- Pepper
- Garlic powder
- Cumin
- Paprika
- Chili powder

Mix well so the spices coat all the ingredients.

6. Simmer

Bring the chili to a gentle simmer. Cover and cook for about 10 minutes, stirring occasionally so the flavors blend.

7. Serve

Scoop into bowls and finish with your favorite toppings such as chives and cheese.