

# 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.

## 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.

## 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 Add-Ins

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