

The Versatile Bean and Veggie Chili



Time: 30 minutes

Serving size: 1-1/2 cups (6 servings)

Cost: \$7.17 total (\$1.19 per serving)

^Recipe by Dr. Jeanette Andrade

Ingredients:

1/2 tablespoon olive oil* (17 oz; \$0.09),

3 cloves garlic, minced (\$0.17)

1 medium yellow onion, chopped (\$1.26)

1 large green pepper, chopped (\$0.72)

1 (4 oz) can mild green chilies* (optional; \$0.78)

1 medium sweet potato, peeled and chopped into 1/2-inch cubes (\$0.78)

2-1/2 tablespoons mild chili powder* (3 oz; \$0.05)

1 tablespoon cumin* (2-1/2 oz; \$0.05)

1/2 teaspoon dried oregano* (0.87 oz; \$0.01)

1/4 teaspoon paprika* (2-1/2 oz; \$0.10)

1/4 teaspoon cayenne pepper* optional (optional; 2-1/4 oz; \$0.37)

1/4 tsp salt* (26 oz; \$0.00)

1 (28 oz) can crushed tomatoes* (\$0.98)

3/4 cup water

1 (15 oz) can black beans, drained and rinsed* (\$0.78)

1 (15 oz) can kidney beans, drained and rinsed* (\$0.78)

1 cup frozen corn* (32 oz; \$0.25)

Directions:

1. Place oil in a large pot and place over medium-high heat. Add in garlic, onion, green pepper, cubed sweet potatoes, and green chiles; sauté for 5-7 minutes, stirring frequently.
2. Add in chili powder, cumin, oregano, paprika, cayenne pepper, and salt; stir for about 30 seconds.
3. Add in crushed tomatoes, water, black beans, kidney beans, and corn. Bring to a boil, then reduce heat and simmer for 30-45 minutes or until chili thickens. Taste and adjust seasonings as necessary. Serve with brown rice or whole grain bread for a nutritious and satisfying meal.

Variations: Swap out the vegetables, herbs, and spices in this recipe with your favorites to make this recipe your own.

Bonus: Many ingredients, like cooking oils and spices, can be used to build your pantry so that the next time you try a healthy recipe, these flavorful additions will already be on hand!

Recipe provided by the University of Florida Food Science and Human Nutrition Department.

^Original recipe can be found here: <https://blogs.ifas.ufl.edu/fshndept/2022/08/18/celebrate-kids-eat-right-month-with-the-lovely-legumes>