



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Vegetarian Chili

Vegetarian chili is a hearty and flavorful dish made with a variety of vegetables, beans, and spices. It is a popular choice for those following a vegetarian diet and is often enjoyed on cold winter days. This recipe is packed with protein and fiber, making it a nutritious and satisfying meal option.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: 45 mins

Total Time: 60 mins

Recipe Yield: 1000 grams

Number of Servings: 6

Serving Size: 166 g

Ingredients

2 tbsp	olive oil
1 medium	onion
3 cloves	garlic cloves

2 medium	Bell peppers
2 medium	zucchini
28 oz	canned diced tomatoes
15 oz	canned kidney beans
15 oz	canned black beans
15 oz	canned corn
2 tbsp	chili powder
2 tsp	cumin
1 tsp	paprika
1 tsp	salt
1 tsp	black pepper
2 c	vegetable broth
2 tbsp	lime juice
2 tbsp	fresh cilantro

Directions

.....

Step 1

Stove

Heat olive oil in a large pot over medium heat. Add chopped onion and minced garlic cloves. Cook until onion is translucent and garlic is fragrant, about 5 minutes.

Prep Time: 5 mins

Cook Time: 5 mins

Step 2

Stove

Add diced bell peppers and sliced zucchini to the pot. Cook for another 5 minutes, until vegetables are slightly softened.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Stove

Add canned diced tomatoes, drained and rinsed kidney beans, drained and rinsed black beans, and drained canned corn to the pot. Stir in chili powder, cumin, paprika, salt, and black pepper. Pour in vegetable broth and bring to a boil.

Prep Time: 5 mins

Cook Time: 20 mins

Step 4

Stove

Reduce heat to low and simmer for 15 minutes to allow flavors to meld together.

Prep Time: 0 mins

Cook Time: 15 mins

Step 5

Stir in lime juice and fresh cilantro. Remove from heat and let chili rest for a few minutes before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 3 g

Protein: 10 g

Carbohydrates: 38 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	38 g	69.09%	76%
Fibers	9 g	23.68%	36%
Sugars	6 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	3 g	10.71%	12%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	15 iu	1.67%	2.14%
Vitamin C	80 mg	88.89%	106.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	8 mg	0.8%	0.8%
Iron	20 mg	250%	111.11%
Potassium	600 mg	17.65%	23.08%
Zinc	1 mg	9.09%	12.5%
Selenium	4 mcg	7.27%	7.27%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

High Fiber

Cuisines

Italian

Mexican

American

Middle Eastern

Diet

Anti-Inflammatory Diet

Meal Type

Lunch

Snack

Brunch

Supper

Dinner

Events

Picnic

Game Day

Course

Snacks

Soups

Breads

Side Dishes

Salads

Sauces & Dressings

Cultural

Chinese New Year

Difficulty Level

Medium

Visit our website: healthdor.com