



Dan-Good Chili



1/10th of recipe (about 1 cup): 120 calories, 1g total fat (0g sat. fat), 820mg sodium, 26g carbs, 6g fiber, 10g sugars, 6g protein

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Prep: 15 minutes **Cook:** 2 hours 25 minutes



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Ingredients

4 1/4 cups canned tomato sauce
1 cup canned diced tomatoes with green chiles
1/2 cup jarred jalapeño slices, drained and chopped
1 1/2 tbsp. chili powder
1 tsp. ground cumin
1 3/4 cups peeled and chopped carrots
2 tsp. crushed garlic
1 1/2 cups chopped onion
1 1/2 cups chopped portabella mushrooms
1 large red bell pepper, stem removed, seeded, chopped
1 large green bell pepper, stem removed, seeded, chopped
1 cup canned sweet corn kernels, drained
3/4 cup canned black beans, drained and rinsed
3/4 cup canned red kidney beans, drained and rinsed
Optional seasoning: salt

Directions

In a large nonstick pot, mix tomato sauce, diced tomatoes with green chiles, jalapeños, chili powder, and cumin. Set heat to low.

Once mixture is hot, add carrots and garlic. Stir and continue to cook for about 5 minutes.

Meanwhile, bring a large skillet sprayed with nonstick spray to medium heat. Add onion, mushrooms, peppers, 1/2 cup water and, if you like, a few dashes of salt. Cook and stir until veggies have slightly softened, about 5 minutes.

Using a slotted spoon to drain any excess water, transfer veggies from the skillet to the large pot. Add corn and beans to the pot as well. Mix thoroughly.

Cook over low heat for about 2 hours, stirring every 20 minutes or so, until all veggies are tender.

Serve it up!

MAKES 10 SERVINGS

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