



Slow Cooker Vegetarian Chili

Prep Time: 10 minutes **Cook Time:** 6-8 hours

Serves: 6

Recipe Description (insert here)

Ingredients:

- 1 tablespoon olive oil
 - 1 medium yellow onion -diced (if you don't have an onion add 1 tbsp onion powder instead)*
 - 2 tablespoons ground cumin*
 - 2 tablespoons granulated sugar (or sugar substitute)*
 - 2 tablespoons tomato paste
 - 1 tablespoon garlic powder*
 - 1 1/2 teaspoons salt*
 - 1/2 teaspoon ground black pepper*
 - 1 (15 oz.) can petite diced tomatoes
 - 1 (16 oz.) can red kidney beans (not drained)
 - 1 (16 oz.) can black beans, drained and rinsed
 - 1 (8 oz.) can tomato sauce
- *All spices could be replaced with a packet of McCormick's chili seasoning mix

Nutrition Facts	
6 servings per container	
Serving size	(563g)
Amount per serving	
Calories	500
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 350mg	15%
Total Carbohydrate 91g	33%
Dietary Fiber 9g	32%
Total Sugars 14g	
Includes 0g Added Sugars	0%
Protein 13g	
Vitamin D 0mcg	0%
Calcium 81mg	6%
Iron 3mg	15%
Potassium 856mg	20%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions:

1. Heat oil in a medium skillet over medium heat, add the onion, and cook for about 10 minutes. If you are using onion powder you can skip this step.
1. Turn the slow-cooker on low heat.
2. Add the tomato paste, diced tomatoes, both types of beans, tomato sauce, and spices.
3. Stir.
4. Let cook for 6-8 hours on low, If you need it done faster you can turn it up to high and cook for only 3-4 hours.

18% calories from fat

SLOW COOKER CHILI RECIPE

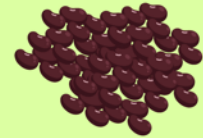
Onions
(Chopped)



Chili
(Sliced or Chopped)



Beans



Tomatoes
(Diced with
their juice)



Add the ingredients to the
cooking pot and cover
Slow cook for 6 to 8 hours

