

# White Bean & Vegetable Chili



## Ingredients

## Directions

1/2 c.	Onion diced	In a medium pot, combine all ingredients. Bring to a boil over medium-high heat. Reduce heat to low; simmer for 15 minutes or until vegetables are tender. Scoop into bowls & serve hot.  *Add chicken & top with cheese, if desired. *Can be made in the crockpot.
1/2 c.	Celery, diced	
1/2 c.	Carrots, sliced	
1 can (14.5 oz.)	White beans, drained & rinsed	
3/4 c.	Diced tomatoes (about 1/2 of 14.5 oz. can)	
2 c.	Water or broth	
2 tsp.	Garlic powder	
1/2 tsp.	Crushed pepper or chili powder	
1/2 tsp.	Pepper	
To taste	Salt	

Prep: 10-15 mins.

Cook: 15-20 mins.

Makes: 4 cups (4 - 1 c. servings)

## Nutrition Facts

4 servings per container	
Serving size	1 c.
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>100</b>
<small>% Daily Value*</small>	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 21g	8%
Dietary Fiber 6g	21%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 6g	12%
<small>*The % Daily Value (DV) 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.</small>	

*Low fat!  
Great source of  
Fiber!*



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