



Secret Ingredient



Ingredients



Veggie Chili

Adapted from *EatFresh.org*

- 1 tablespoon Vegetable Oil
- 1 Onion Large, chopped
- 1 Bell Pepper Green, chopped
- 2 cups Butternut Squash chopped, peeled and chopped or Sweet Potato
- 4 cloves Garlic chopped
- 2 teaspoons Chili Powder
- 2 teaspoons Cumin Ground
- 2 teaspoons Cocoa Powder Unsweetened
- 28 ounces Tomatoes canned 1
- 60 ounces Beans canned low-sodium
- 1 cup Water
- 1/2 teaspoon Salt
- 1/2 teaspoon Pepper



Directions



Yield: 7 servings **Serving size:** 2 cups

1. Stove Top Directions: In a large pot, heat oil and saute onion and bell pepper until soft. Add sweet potato, garlic, chili powder, and cumin and saute 2 more minutes. Add remaining ingredients. Bring to a boil, then reduce heat and simmer for 30 minutes. Stir during cooking to prevent sticking.
2. Slow Cooker Directions: Combine all ingredients except oil in the slow cooker and cook on LOW for 7-8 hours, or HIGH for 4 hours, or until the chili has thickened and the vegetables are cooked.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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Fast Facts



Featured Food Groups



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Cooking Tips



- Cocoa powder gives a rich flavor to this dish. Make sure it is unsweetened.

Nutrition Facts	
Serving Size 2.00 cup	
Serving Per Container 7	
Amount Per Serving	
Calories 289	
% Daily Value*	
Total Fat 4 g	5%
Saturated Fat 1 g	5%
Sodium 367 mg	16%
Total Carbohydrate 50 g	18%
Dietary Fiber 14 g	50%
Protein 15 g	

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Second Harvest is an equal opportunity provider.



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