

Three Bean Chili

NUTRIENT ANALYSIS

Calories	172
Protein	8 g
Carbohydrate	34 g
Total Fat	3 g
Saturated Fat	trace
Cholesterol	0 mg
Fiber	8 g
Sugars	2 g
Sodium	660 mg

Each serving counts as 1 vegetarian protein (or 1 starchy carbohydrate) and 1 nonstarchy vegetable.

The official state dish of Texas is chili. This version, however, is not traditional Texas-style chili because, in Texas, chili has no beans. This recipe is the absolute reverse: all beans, no meat. Nor is it as screaming hot as most Texas chili, which you have to stash in the refrigerator to keep from burning down the house. The three varieties of beans in this chili make it a high-yield vegetarian dish, loaded with fiber (naturally beneficial for lifetime weight control), B vitamins, potassium, magnesium, phosphorus, and zinc. If you prefer to use only one kind of bean, three cups of red kidney beans work best. Draining and rinsing canned beans removes most of their sodium content, thus eliminating unneeded extra salt.

6 servings

2 teaspoons olive oil
 1 large onion, chopped, or 1¹/₄ cups frozen chopped onion
 2 ribs celery, thinly sliced
 1 large green bell pepper, cored, seeded, and chopped
 2 garlic cloves, minced
 2 tablespoons chili powder
 2 teaspoons ground cumin
 1 (14¹/₂-ounce) can no-salt-added diced tomatoes
 1 cup canned great Northern beans, drained and rinsed
 1 cup canned pinto beans, drained and rinsed
 1 cup canned red kidney beans, drained and rinsed
 2 cups no-salt, fat-free vegetable broth
 1 medium sweet potato, peeled
 1/2 teaspoon salt

1. Heat oil in a large saucepan or pot set over medium heat. Add the onion, celery, and green pepper. Cook, stirring, until fragrant, about 3 minutes. Add the garlic and cook 30 seconds, then stir in the chili powder and cumin. Cook another 20 seconds, until aromatic.

2. Pour in the tomatoes, beans, and broth and bring to a simmer.

3. Using the large holes of a box grater, grate the sweet potato into the chili. Cover, reduce heat to low, and simmer slowly, stirring occasionally, until thickened, about 40 minutes. Stir in the salt and let stand at room temperature for 5 minutes before serving.