



## VEGETARIAN CHILLI

Delicious vegetarian chilli

 10 minutes

 30 minutes

 6 portions

## INGREDIENTS

- 2 tablespoons of oil, olive, salad or cooking [27 g]
- 1 large unit of onions, raw [150 g]
- 1 level teaspoon of salt [5 g]
- 1 medium unit of peppers, capsicum, green, raw [160 g]
- 3 cloves of garlic, raw [9 g]
- 2 tbsps of tomato products, canned, paste, without salt added [32 g]
- 1 tbsp of spices, chili powder [8 g]
- 1 whole tbsp of spices, cumin seed [6 g]
- 1 tsp of spices, paprika [2 g]
- 1 teaspoon of oregano, dried, ground [1 g]
- 150 grams of pumpkin, boiled, drained
- 1 can [drained solids] of beans, pinto, canned, drained solids [277 g]
- 1 cup of beans, black turtle, mature seeds, canned [240 g]
- 2 medium units of tomatoes, red, ripe, cooked [246 g]
- 1 cup of corn, yellow, whole kernel, frozen, microwaved [141 g]
- 1/2 cup of Vegetable Broth [118 g]

## COOKING METHOD

1° This is a fantastic one pot meal, to cook on a stove top.

## NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [258 g]	% DRI
ENERGY	75 kcal	194 kcal	10 %
FAT	2 g	6 g	9 %
FATTY ACIDS, TOTAL SATURATED	0 g	1 g	4 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	263 mg	677 mg	28 %
CARBOHYDRATE	12 g	30 g	10 %
SUGARS	2 g	5 g	—
FIBER	3 g	8 g	31 %
PROTEIN	3 g	8 g	—