



# MEATLESS CHILI

Did you know that beans are a great source of protein and fiber? They keep us full longer, so we don't snack as much!



## What to Know

Difficulty: **EASY**

Total Time: **30 MINUTES**

Servings: **4-6**

# INGREDIENTS

2 teaspoons oil

1 onion

3 carrots

1 packet LFC Chili Mix

2 (15 oz) cans black beans

2 tablespoons tomato paste

1 (15 oz) can corn

2 (15 oz) can diced tomatoes with green chiles

3 cups chicken broth

1/2 teaspoon salt

1/4 teaspoon pepper

## TOPPING IDEAS

sour cream, fresh cilantro, chopped onions, cheese, hot sauce, salsa or avocado



**1** Peel and chop onion and carrot into medium pieces. Drain and rinse black beans and corn.



**2** Heat oil in pan over medium heat. Once oil is hot, add onion and carrots, then cook (stirring) for 4-6 minutes until translucent.



**3** Add LFC Chili Mix and tomato paste to pan with vegetables and stir to coat. Cook for one minute.



**4** Add rinsed black beans, corn, can of tomatoes/green chiles and juice, chicken broth and salt to pan. Stir to mix.



**5** Bring chili to a boil, then reduce heat to low. Add salt if needed. Simmer for 15-20 minutes and serve with desired toppings (optional).

## ON THE SIDE

### Cheese Quesadillas

4 tortillas  
1 cup of cheese

**1.** Heat up empty skillet over medium heat.  
**2.** Place one tortilla in skillet, top with half of cheese (1/2 cup) and cover with another tortilla.  
**3.** Cook until bottom is golden, then flip. Cook until both sides are golden brown. Repeat steps 1 and 2 with remaining ingredients  
**4.** Let cool for 2 minutes, then cut into quarters and serve.

this recipe was inspired by

**HUNGER + HEALTH** | **FEEDING AMERICA**

**MIX IT UP**

Need meat with your chili? Up your protein by adding in a pound of browned and drained ground beef!