

Jane's Vegetarian Chili
From Cooking Light Magazine
Serves 8

1 tbsp olive oil
2 cups chopped onion
3 garlic cloves minced
4 cups water, divided
2 tbsp sugar
2 tbsp chili powder
2 tbsp Worcestershire sauce
2 (14.5 ounce) cans diced tomatoes, undrained
1 (15 ounce) can chick peas (garbanzo beans) rinsed and drained
1 (15 ounce) can black beans rinsed and drained
1 (15 ounce) can kidney beans rinsed and drained
1 (16 ounce) can cannellini beans rinsed and drained
1 (6 ounce) can tomato paste
½ cup reduced fat shredded cheddar cheese

Heat oil in a large Dutch oven over medium-high heat
Add the onion and garlic and sauté 3 minutes or until tender
Add 3 cups water and the next eight ingredients
Stir to combine
Combine the remaining 1 cup water with the tomato paste in a bowl using a whisk
Stir tomato paste mixture into the bean mixture in the pot
Bring to a boil, reduce heat to simmer and cook 5 minutes
Ladle soup into bowls and top with shredded cheese

Per 1 ½ cup serving:
276 calories
50 g carbohydrates
3.5 g fat
13 g protein
15 g fiber
587 mg sodium