Quick and Easy Chili

Prep time: 10 minutes | Cook time: 30 minutes | Number of servings: 6

1 tablespoon vegetable oil
1 onion, chopped
1 carrot, chopped
1 tablespoon jalapeño pepper, minced, or ¼ cup green bell pepper, chopped
2 cloves garlic, minced, or ¼ teaspoon garlic powder
2 to 3 tablespoons chili powder
½ teaspoon cumin
2 (14-ounce) cans tomatoes with juice
2 (15-ounce) cans red kidney beans, rinsed and drained
Optional: whole kernel corn

Directions

1. Heat oil in large pan over medium heat.
2. Add onions, carrots, jalapenos, garlic, chili powder, and cumin. Cook until onions are soft.
3. Add tomatoes, beans, corn, and rice (if using). Cook on high heat until the chili bubbles.
4. Turn heat to low and simmer for about 15 minutes, until rice is cooked.

Nutrition Facts (Serving size 1 cup):
- Calories: 300
- Protein: 15g
- Carbohydrate: 53g
- Total Fat: 4.5g
- Saturated Fat: 1g
- Cholesterol: 0mg
- Sodium: 660mg
- Vitamin C: 45%
- Vitamin A: 45%
- Iron: 20%
- Calcium: 15%

Adapted from Washington State University Extension Food Sense

Food Sense Tip
- Serve this chili with cornbread for a healthy, hearty vegetarian meal.
Eight Ways to Serve Chili

**Chili Burger**
Pour over a hamburger bun.

**Chili Omelet**
Spoon chili over an omelet or scrambled eggs.

**Taco Salad**
Top green salad with chili, cheese and tortilla chips.

**Chili Taco**
Fill a tortilla and add cheese.

**Chili Spaghetti**
Top cooked spaghetti with chili. Sprinkle with cheese.

**Chili Mac**
Mix chili with four cups of cooked macaroni.

**Chili-stuffed Baked Potato**
Bake a potato. Stuff with chili.

**Chili Soup**
Top with onions, cilantro and cheese.