

## Southwest Vegetable Chili

## INGREDIENTS

- » Nonstick vegetable cooking spray
- » 1 tbsp olive oil
- » 1/2 cup onion, chopped
- » 1 cup red bell pepper, chopped
- » 1 (15 1/4-oz) can red kidney beans, rinsed and drained
- » 2 (14 1/2-oz) cans stewed tomatoes, sliced
- » 1/2 cup water
- » 1/2 cup carrots, shredded
- » 1/4 tsp chili powder
- » 1/2 tsp salt
- » 1 cup zucchini, thinly sliced
- » 1/2 cup frozen, whole-kernel corn
- » 1/2 cup medium salsa
- » 2 green onions, chopped
- » 3/4 cup long-grain white rice, cooked according to directions without salt or fat
- » 3/4 cup (3 oz) shredded regular cheddar cheese
- » 1/2 avocado (4 oz), sliced

### Nutritional Content

Per Serving

|               |         |                   |        |
|---------------|---------|-------------------|--------|
| Calories      | 481 cal | Cholesterol       | 23mg   |
| Protein       | 18g     | Sodium            | 1177mg |
| Carbohydrate  | 58g     | Calories from Fat | 28%    |
| Fat           | 15g     | Fiber             | 9g     |
| Saturated Fat | 6g      |                   |        |

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## INSTRUCTIONS

In a large saucepan sprayed with nonstick vegetable cooking spray, over medium-high heat, add olive oil, onion, and red bell pepper. Cook 2 to 3 minutes. Add beans, tomatoes, water, carrots, chili powder, and salt. Bring the mixture to a boil. Reduce heat and simmer for 10 minutes. Add zucchini, corn, and salsa and stir well. Bring to a boil again and reduce heat slightly, and simmer for 5 minutes or until vegetables are tender. Stir green onions into cooked rice and serve chili over rice. Top with shredded cheese and sliced avocado. Serves 4.

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