

## Southwest Vegetable Chili

## INGREDIENTS

- » Nonstick vegetable cooking spray
- » 1 tsp olive oil
- » 2 tbsp onion, chopped
- » 1/4 cup red bell pepper, chopped
- » 1/4 (15 1/4-oz) can red kidney beans, rinsed and drained
- » 1/2 (14 1/2-oz) can, stewed tomatoes, sliced
- » 2 tbsp water
- » 2 tbsp carrots, shredded
- » Pinch chili powder
- » Pinch salt
- » 1/4 cup zucchini, thinly sliced
- » 2 tbsp frozen, whole-kernel corn
- » 2 tbsp medium salsa
- » 1 green onion, chopped
- » 3 tbsp long-grain white rice, cooked according to directions without salt or fat
- » 3 tbsp shredded regular cheddar cheese
- » 1/8 avocado, sliced

### Nutritional Content

Per Serving

Calories	487 cal	Cholesterol	23mg
Protein	18g	Sodium	1179mg
Carbohydrate	57g	Calories from Fat	30%
Fat	16g	Fiber	9g
Saturated Fat	6g		

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## INSTRUCTIONS

In a 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 8 minutes. Add zucchini, corn, and salsa and stir well. Bring to a boil again, reduce heat slightly, and simmer for 4 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 1.

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