



Healthy Recipe



VEGETARIAN CHILI

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|---|--|----------|--|
| 1 | 15 oz can beans (pinto, kidney, red, etc.)
drained and rinsed | 2 cups | chopped RI-grown fresh veggies:
onion, peppers, carrots, zucchini
and/or squash |
| 1 | 15.5 oz can corn, drained and rinsed | | |
| 1 | 14.5 oz can tomatoes, chopped | to taste | chili powder |

1. Place beans, corn and tomatoes into a large saucepan.
2. Add chopped veggies and sprinkle with chili powder to taste.
3. Stir and bring to a gentle simmer; cook for about 20 minutes.
4. Serve immediately and refrigerate leftovers.

Tip: If sodium is not a concern, use the liquid from the beans and corn to create a soupy chili. Other ingredients that may be added are cooked ground beef or chicken, or any other veggies you like!

Nutritional Information

Per serving (4 servings in recipe):

Calories:	170	Vitamin A:	15%
Cal from Fat:	10	Vitamin C:	35%
Total Fat:	1 g	Calcium:	8%
Saturated Fat:	0 g	Iron:	15%
Cholesterol:	0 mg		
Sodium:	492 mg		
Carbohydrates:	39 g		
Fiber:	9 g		
Sugar:	8 g	Percent Daily Values are based on a	
Protein:	8 g	2000 calorie-per-day diet	

**GET FRESH.
BUY LOCAL.**

Your purchase of
RI grown and raised foods

SUPPORTS

the local economy,

HELPS

to preserve open space

and **CONTRIBUTES**

to a

sustainable food system.

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