

Spicy White Bean Chili

TOTAL TIME
40 minutes

SERVINGS
6

This tasty vegetarian chili is a cinch to make. For a meaty version, cooked sausage or chicken can also be added.



SHOPPING LIST

- 2 tablespoons vegetable oil
- 1 cup yellow onion, chopped
- 1 tablespoon garlic, minced
- $\frac{1}{2}$ teaspoon dried oregano
- $\frac{1}{2}$ teaspoon ground cumin
- $\frac{1}{2}$ teaspoon chipotle chili powder
- $\frac{1}{2}$ teaspoon ground coriander
- 2 cups vegetable broth
- 8 ounces prepared salsa verde
- 2 15-ounce cans diced fire-roasted tomatoes
- 3 15-ounce cans cooked beans
Great Northern or your choice
- 2 cups corn kernels, fresh, frozen, or canned



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$\frac{1}{2}$ teaspoon dried oregano	3 15-ounce cans cooked beans Great Northern or your choice
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$\frac{1}{2}$ teaspoon chipotle chili powder	2 cups corn kernels, fresh, frozen, or canned
$\frac{1}{2}$ teaspoon ground coriander	

PREPARATION

- In a medium pot, heat the oil over medium-high heat. Add the onions and garlic and cook until soft not browned.
- Add the cumin, chili powder, coriander, and oregano and sauté 1 minute more.
- Add the broth, diced tomatoes, and salsa verde. Bring to a boil, then simmer 10 minutes. Add the beans and corn and simmer 10 minutes more, or until desired thickness. Salt and pepper to taste.

SERVING SUGGESTION

Serve with your favorite Southwestern toppings, such as lime juice, cheese, cilantro, sour cream, guacamole, or tortilla chips.

NUTRITIONAL INFORMATION

321 calories, 7 g. fat, 0 mg. cholesterol, 782 mg. sodium, 54 g. carbohydrate, 12 g. fiber, 14 g. protein