

5-Star Veggie Skillet Chili

Serves 4 people

Total est. Calories: 1300__

Time to cook: 30 minutes

For the Pickled Onions:

1 Lime
1 red onion, thinly sliced,
Large pinch of kosher salt
Small pinch of granulated sugar

For the Chili:

Olive oil
1 large onion, chopped
3 garlic cloves, minced
1 tsp chili powder
1 tsp dried oregano
2 (16 - ounce) cans of beans, drained
1 (15-ounce) can diced tomatoes with juices
Kosher salt
Fresh cilantro, avocado, sour cream, for add-ons

Step 1

Make the pickled onions: slice onion. Squeeze juice of 1 lime over the onion. Add a pinch of salt and sugar. Let rest while you make chili.

Step 2

Prepare the chili: Heat a large skillet over medium-high heat. Add the oil. When hot, add the onion and saute until softened; 5-7 minutes. Add garlic and oregano, saute until fragrant; about 1 minute. Add the beans, tomatoes, salt, and chili powder and let simmer until the tomatoes break down, about 20 minutes on low-medium heat.

Step 3

Taste and serve: Taste your heartwarming dish and add more salt, chili, or oregano to achieve your desired taste. Serve with pickled onions and any garnishes you like.

Editor's tips

Prep all of your ingredients before you begin the cooking process. Cut your onions and your garlic, open and prewash you beans, measure out your spices. These steps will help you keep your kitchen clean and helps cooking be more enjoyable. Add more seasoning to suit your taste. DON'T skip the pickled onions. They're delish in this dish!If you want to stretch this recipe even further, add rice or riced cauliflower!

Author - Melissa Clark, New York Times