

Recipe of the Month

Vegetarian Potato Chili for May 2011

INGREDIENTS

- 2 medium white or red potatoes (about 10 oz)
- 1 medium onion
- 1 small bell pepper (any color)
- 1 can (15 oz) chick peas (garbanzo beans)
- 1 can (15 oz) dark red kidney beans
- 2 cans (14.5 oz) diced tomatoes, undrained
- 1 can (8 oz) no-salt-added tomato sauce
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1 medium zucchini



DIRECTIONS

1. Scrub the potatoes thoroughly with a vegetable brush and water, but do not peel. Cut the potatoes into cubes that are 1/2 inch or slightly larger. Peel and chop the onion to measure 1/2 cup. In a 4-quart Dutch oven, place the potatoes and onion.
2. Cut the bell pepper in half lengthwise, and cut out seeds and membrane. Chop the bell pepper into small pieces. Add to the Dutch oven.
3. Drain the garbanzo and kidney beans in a strainer, then rinse with cool water. Add to the Dutch oven.
4. Add the tomatoes with their liquid, the tomato sauce, chili powder and cumin to the Dutch oven. Heat to boiling over high heat, stirring occasionally.
5. Once chili is boiling, reduce heat just enough so chili bubbles gently. Cover with lid; cook 10 minutes.
6. While chili is cooking, cut the zucchini into 1/2-inch slices. Stir zucchini into chili. Cover; cook 5 to 7 minutes longer, stirring occasionally, until potatoes and zucchini are tender when pierced with a fork. Makes 6 servings.

Nutritional Information per Serving:

Calories 290 (Calories from fat 25); Total Fat 2 ½ g (Saturated fat 0 g); Cholesterol 0 mg; Sodium 430 mg; Total Carbohydrate 53 g; Dietary Fiber 11 g; Protein 13 g

Recipe from www.eatbetterearly.com

