

Vegetarian Chili with Simple Slaw

SERVES 4

Ingredients

FOR CHILI

FRESH PRODUCE

2 **carrots** | peeled and diced

1 **small onion** | diced

PANTRY

1 tablespoon **flour**

1 15-ounce can **black beans** | drained and rinsed

FROZEN VEGETABLES

1 cup **frozen corn**

SPICES AND OILS

2 tablespoons **olive oil**

1 teaspoon **chili powder**

1 teaspoon **cumin**

1 teaspoon **garlic powder**

1 teaspoon **oregano**

3 cups **vegetable broth**

GRAINS

1 ½ cups cooked couscous

See
couscous
recipe
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FOR SLAW

2 cups **slaw mix**

1 tablespoon **olive oil**

2 teaspoons **red wine vinegar**

½ teaspoon **salt**

¼ teaspoon **pepper**

EQUIPMENT



Cutting board



Measuring cups



Medium bowl



Small pot with lid



Measuring spoons



Whisk of fork




Large pot



Knife

Directions


- 1 Prepare vegetables.
- 2 Place a large pot over medium-high heat. Add the **olive oil** to coat the bottom and then add **carrot and onion**.

 Allow the vegetables to cook for 3–5 minutes, until the onion is translucent.

- 3 Sprinkle the **flour** over the vegetables and stir to mix throughout.

 Allow the flour to cook for 1 minute.

- 4 Add **beans, corn, spices and broth**. Bring to a boil and reduce to a simmer.

 Cook over lower heat for 10–15 minutes.

- 5 While the chili is cooking, prepare **couscous**.

- 6 While the couscous is resting make slaw. Place **olive oil and vinegar** in a medium bowl and whisk with a fork. Season lightly with salt and pepper as desired. Toss **slaw mix** with dressing.

- 7 Taste chili and adjust flavoring as desired. Serve ¼ of your chili with 1/3 cup of couscous and a ½ cup serving of slaw. Enjoy!

- 8 Save leftover in the refrigerator for up to three days OR place in Ziploc bags and freeze for up to one month.

MIX IT UP AND MAKE IT YOUR OWN

- To make this an even more veggie packed dish you could add zucchini or peppers in with the onions and carrots. You could also add greens such as spinach, kale or collards to cook down into the over all dish.
- This recipe features black beans. However, you can easily substitute ground chicken or turkey, crumbled tofu, or other beans such as cannellini beans or chickpeas.
- This recipe also features couscous. However, you can easily substitute brown rice or quinoa.
- Chili powder, cumin, and oregano are an excellent way to flavor without salt, but choose flavors that are available and appealing to you. Paprika and thyme would be wonderful in this dish. Alternatively, you could keep it simple with a little garlic powder and black pepper.

Nutrition Facts

1 serving per container
Serving size
1 each

Calories
per serving **380**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 11g	14%	Total Carbohydrate 58g	21%
Saturated Fat 1.5g	8%	Dietary Fiber 11g	39%
Trans Fat 0g		Total Sugars 4g	
Cholesterol 0mg	0%	Includes 0g Added Sugars	0%
Sodium 230mg	10%	Protein 13g	

Vitamin D 0mcg 0% • Calcium 70mg 6% • Iron 3.1mg 15%
Potassium 570mg 10% • Phosphorus 210mg 15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: BLACK BEANS [WITH WATER, SALT, CALCIUM CHLORIDE (FIRMING AGENT)], CABBAGE, CORN, WHOLE WHEAT COUSCOUS [WHOLE DURUM WHEAT SEMOLINA], ONION, CARROT, OLIVE OIL, RED WINE VINEGAR [WITH POTASSIUM METABISULFITE (PRESERVATIVE), DILUTED WITH WATER TO 5% ACIDITY], FLOUR [WHEAT, MALTED BARLEY, NIACIN, IRON, THIAMIN, RIBOFLAVIN, FOLIC ACID], GARLIC POWDER, CHILI POWDER [PAPRIKA, GARLIC, CUMIN, SALT], BLACK PEPPER, CUMIN, SALT, OREGANO

CONTAINS: WHEAT