Protein Power Three-Bean Chili

About the Recipe

258 Calories · 14 Protein · 16 Fiber
Dinner

Ingredients

Makes 6 Servings

- 2 tablespoons (1 fluid ounce) olive oil
- 2 ribs celery (95 grams), thinly sliced
- 1 onion (126 grams), small dice
- 1 green bell pepper (173 grams), small dice
- 1 15.5-ounce can low sodium chickpeas, drained and rinsed, or 1 1/2 cups (265 grams) cooked chickpeas
- 1 15.5-ounce can low sodium black beans, drained and rinsed, or 1 1/2 cups (252 grams) cooked black beans
- 1 15.5-ounce can low sodium red kidney beans, drained and rinsed, or 1 1/2 cups (262 grams) cooked red kidney beans
- 1 28-ounce can low sodium diced tomatoes
- 1 15-ounce can low sodium tomato sauce
- 1 tablespoon (8 grams) chili powder
- 1 teaspoon (3 1/2 grams) garlic powder
- 2 teaspoons (4 1/2 grams) ground cumin
- 1/2 teaspoon (2 1/2 grams) sea salt
- 1/2 teaspoon (1 gram) ground black pepper

Directions

1. Heat the oil in a standard stockpot over medium heat. Add the celery, onion, and bell pepper and saute for 3-5 minutes, or until translucent and soft.

2. Add the chickpeas, beans, tomatoes with their juice, and tomato sauce. Bring to a simmer, cover, and continue to simmer for 10 minutes until heated through, stirring occasionally. Add the chili powder, garlic, cumin, salt, and black pepper and mix until well combined.*NOTE:Serve with cooked quinoa or grain of choice for a protein boost.Use as filling on corn tortillas with grilled or roasted vegetables for tacos.Wrap in large flour tortillas with rice, vegetables, and vegan cheese for burritos. To Cook Dry Beans:Soak beans in water overnight. Put the beans in a large enough vessel that the water can come up over the beans and the beans can double in size overnight and still be submerged in the water.Drain and rinse the beans.Add beans to a large stockpot and cover with water so that at least 4-6 inches of water rises above the beans. Bring to a boil, reduce to a simmer, and cover. Beans should be done cooking in 1-2 hours (check at 1 hour and continue to check as needed depending on texture). The beans should still be firm but soft to the bite; avoid overcooking or they will be mushy.*Dry beans double in size when soaked and cooked; use half the cooked amount needed when measuring out the dry beans to be soaked.

Nutrition Facts

Calories: 258
Fat: 3 g
    Saturated Fat: 0 g
    10% Calories from Fat
Cholesterol: 0 mg
Protein: 14 g
Carbohydrate: 47 g
Sugar: 10 g
Fiber: 16 g
Sodium: 600 mg
Potassium: 996 mg