

Harvest Chili

What You'll Need

- 1 cup onion, finely chopped
- 3 carrots, diced
- 3 cloves garlic, minced
- 1 cup green pepper, diced
- 1 can drained corn
- 1 can kidney beans
- 1 24-ounce can diced tomatoes
- 1 can tomato paste
- 1 tablespoon chili powder
- 1 tablespoon cumin powder
- 6 tablespoons low-fat sour cream
- cooking spray

Makes 6 1-cup Servings

Let's Cook!

- 1 Spray a large saucepan with cooking spray and sauté onions for 3 minutes.
- 2 Add carrots and minced garlic. Sauté for another 3 minutes.
- 3 Add the other ingredients (green pepper, corn, beans, tomatoes, tomato paste, cumin and chili powder) and cook for 15-20 minutes on medium heat, uncovered, stirring occasionally.
- 4 Serve with 1 tablespoon low-fat sour cream.

Nutrition Facts

Serving Size (371g)	
Servings Per Container 6	
Amount Per Serving	
Calories 210	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 690mg	29%
Total Carbohydrate 38g	13%
Dietary Fiber 8g	32%
Sugars 15g	
Protein 10g	
Vitamin A 150%	Vitamin C 80%
Calcium 8%	Iron 20%

