

PROJECT: GET IT DONE TOGETHER

Vegetarian Chili

Adult Supervision Required

Ingredients:

- 1 tablespoon olive oil
- 2 cups chopped onion
- 3 garlic cloves, minced
- 4 cups water, divided
- 2 tablespoons sugar
- 2 tablespoons chili powder
- 2 tablespoons Worcestershire sauce
- 2 (14.5-ounce) cans diced tomatoes, undrained
- 1 (15 1/2-ounce) can chickpeas (garbanzo beans), rinsed and drained
- 1 (15-ounce) can black beans, rinsed and drained
- 1 (15-ounce) can kidney beans, rinsed and drained
- 1 (16-ounce) can cannellini beans or other white beans, rinsed and drained
- 1 (6-ounce) can tomato paste
- 1/2 cup (2 ounces) reduced-fat shredded cheddar cheese, (optional)

Instructions:

1. Heat oil in a large Dutch oven over medium-high heat. Add onion and garlic; sauté 3 minutes or until tender. Add 3 cups water and next 8 ingredients (through cannellini beans), stirring to combine.
2. Combine remaining cup of water and tomato paste in a bowl, stirring with a whisk until blended. Stir tomato paste mixture into bean mixture. Bring to a boil; reduce heat, and simmer 5 minutes or until thoroughly heated. Ladle soup into bowls. Top with cheese, if desired.

Makes 8 serving

Total time: 30 minutes

Source: [health.com/recipes/janes-vegetarian-chili](https://www.health.com/recipes/janes-vegetarian-chili)

