

## **Vegetarian Chili**

1 28-oz can no-salt-added chopped tomatoes  
1 15-oz cans kidney beans, washed and drained  
1 15-oz can black beans, washed and drained  
1-15 ounce can garbanzo beans, washed and drained  
1 tsp red pepper flakes (optional)  
2 tsp chili powder  
3 cloves garlic, minced  
1 cup onion, chopped  
1 green bell pepper, chopped  
6 ounce can no salt added corn

Combine tomatoes and beans in a medium pot over heat. Add red pepper flakes and chili powder, mixing well. Add garlic, 1 cup onion, pepper and corn stirring well. Simmer for 15-20 minutes. Serve.

Serves 8. Serving size=1 cup

*Calories 190 Fat 0.5g Carbohydrate 36g Dietary Fiber 11g Protein 11g Sodium 65mg*