

Veggie Chili Recipe

Diabetes Friendly

Items Needed: cutting board, knife, measuring cups, measuring spoons, wooden spoon, soup/stock pot

Serves: 8-12

Ingredients:

- 2 tsp olive oil
- 1 medium onion
- 3 cloves garlic
- 1 large carrot or 2 small carrots
- 1 zucchini
- 1 yellow squash
- 2 (15 oz) cans diced tomatoes
- 1 (6 oz) can tomato paste
- Salt and Pepper to taste
- 5 cups of low sodium chicken or vegetable stock
- 2 tsp ground cumin
- 1 ½ tsp chili powder
- 2 tsp smoked paprika
- 1 tsp dried oregano, or 2 sprigs fresh oregano.
- 3 cans assorted beans (I used black, pinto and red kidney beans.)
- Toppings: Shredded cheese, sour cream, chopped jalapenos or cilantro if you would like.

Variations:

- Substitute 1.5 lbs of ground chicken or turkey for a higher protein lower carb chili.
- Cocoa addition: add 1 Tbsp of Cocoa Powder. I prefer dark chocolate cocoa powder.

Directions:

1. Dice onion, garlic and carrot and set aside. Small dice your zucchini and squash and set aside in a different pile or separate bowl.
2. If using ground chicken or turkey, cook over medium heat until browned and then add the next step omitting the olive oil. If omitting the animal protein, begin with the next step.
3. Place olive oil in a soup pot over medium heat. Allow to heat through and add onions, garlic and carrot. Season and stir until translucent and beginning to brown.
4. Add the zucchini and squash and stir throughout letting the squash soften slightly.



5. Add the tomato paste, stir frequently, add spices and when the mixture is bubbling and fragrant add the cans of diced tomatoes and stock. Allow this to come up to a boil and reduce to simmering.
6. While the chili is coming up to temperature, open the beans and rinse them thoroughly.
7. Let chili simmer for 10 minutes prior to adding the beans, stir intermittently. Add the drained beans and allow to simmer another 10-15 minutes.
8. Season to taste and serve hot.

Nutrition Information (per 1/12th recipe):

Plant Based Version:

Calories: 127 Fat: 1.5 g Carbs: 26.2 g Protein: 7.5 g Fiber: 7.7 g Sodium: 376.2 mg

Ground Chicken or Turkey Version:

Calories: 138 Fat: 6.8 g Carbs: 9.7 g Protein: 11.7 g Fiber: 2.4 g Sodium: 250 mg

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