



Fire-Roasted Veggie Chili



1/6 of recipe (about 1 cup): 185 calories, 0.5g total fat (0g sat. fat), 746mg sodium, 35g carbs, 9g fiber, 8g sugars, 9.5g protein

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Prep: 5 minutes **Cook:** 15 minutes



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Ingredients

1 cup chopped mushrooms
1 cup chopped onion
1 tbsp. chili seasoning, divided
Two 15-oz. cans black beans, drained and rinsed
One 14.5-oz. can fire-roasted diced tomatoes (not drained)
1 1/2 cups canned crushed tomatoes
1/2 cup frozen sweet corn kernels
1/2 cup jarred roasted red peppers, drained and chopped
Optional toppings: chopped scallions, light sour cream

Directions

Bring a large pot sprayed with nonstick spray to medium-high heat. Add mushrooms, onion, and 1 tsp. chili seasoning. Cook and stir until mostly softened, 4–6 minutes.

Add remaining ingredients, including the remaining 2 tsp. chili seasoning. Raise heat to high. Stirring occasionally, cook until veggies are tender and chili is hot and well mixed, about 5 minutes.

MAKES 6 SERVINGS

HG Tip: This recipe works with any frozen corn, but for added flavor, try a roasted variety like the one from Trader Joe's.

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