



Spicy Slow-Cooker Veggie Chili



1/5th of recipe (about 1 cup): 163 calories, 0.5g total fat (0g sat. fat), 722mg sodium, 32g carbs, 9g fiber, 10g sugars, 8.5g protein

Prep: 10 minutes **Cook:** 3 - 4 hours or 7 - 8 hours

More: [Lunch & Dinner Recipes](#), [Vegetarian Recipes](#), [Four or More Servings](#)

Ingredients

One 29-oz. can crushed tomatoes
One 15-oz. can red kidney beans, drained and rinsed
1 1/2 cups chopped brown mushrooms
1 cup chopped onion
1 cup chopped bell pepper
1/3 cup jarred jalapeño slices, drained and chopped

Seasoning:

1 tbsp. chili seasoning mix

Directions

Add ingredients and seasoning to a slow cooker, and thoroughly stir.

Cover and cook on high for 3 - 4 hours or on low for 7 - 8 hours.

MAKES 5 SERVINGS

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.