



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



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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

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