

Healthy Recipe of the Month



Vegetarian Chili

1 each yellow, orange, and red pepper, diced
1 onion, diced
1 can each black, red, white beans, drained and rinsed
1 clove garlic, diced
2 large 28 oz. cans of diced tomatoes
Chile powder (season to taste)
Ground cumin (1 teaspoon or to taste)
1 - 2 teaspoons salt

In large skillet, sauté peppers, onion and garlic for 5-7 minutes until they are a bit soft.

In Large pot, combine beans, tomatoes, and spices. Add in sautéed vegetables. Cook for 20 minutes or until heated thoroughly. You do not need to cook this chili for a long time. You want the vegetables to be el dente, to maintain vital nutrients. You can add ground turkey or ground beef if you prefer a non-vegetarian dish. Garnish with fresh cilantro, sour cream and a bit of cheddar cheese. This is a beautiful, colorful, healthy Chili full of fiber and vitamins!

If you have a healthy recipe that you would like to submit to the Minuteman Nashoba Health Group Wellness Page, please send it to:

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