



White Bean Chili

Makes 8 servings

1 medium onion, chopped
1 teaspoon garlic, minced or crushed
2 (15-ounce) cans white navy beans (great northern, navy or cannellini beans), drained and rinsed
1 (15-ounce) can garbanzo beans (chickpeas), drained and rinsed
4 cups vegetable broth (or chicken broth)
1 teaspoon chili powder
1 teaspoon ground cumin
1 teaspoon dried oregano
½ - 1 (4-ounce) can diced green chilies, drained (adjust to your taste)
2 cups frozen corn
Nonstick cooking spray

- Drain and rinse beans. Puree one can of white beans with one cup of broth in blender or food processor.
- Coat a large pot with nonstick cooking spray, sauté onion and garlic over medium heat for 3-5 minutes. Stirring often so not to stick.
- Add pureed bean mixture and all other ingredients to pot. Bring to a boil.
- Reduce heat and simmer for 20 minutes. Garnish with a dollop of reduced fat sour cream

Nutritional Information (per serving)

Calories: 220

Total fat: 2g

Saturated fat: 0g

Carbohydrates: 40g

Fiber: 9g

Protein: 13g

Recipe adapted from www.meatlessmonday.com