

Veggie Loaded Chili (Serves 6)

Ingredients

- 1 lb lean ground turkey, beef, or chicken
 - 1 Tbsp olive oil or other plant oil
 - 2 large or 3 small garlic cloves, minced
 - ½ medium onion, diced
 - 1 small red bell pepper, diced
 - 1 small zucchini or yellow squash, diced
 - 1 medium carrot, diced
 - 2 Tbsp chili powder
 - 1 Tbsp ground cumin
 - 1 can (15 oz) puréed tomato or plain tomato sauce
 - ½ can water or broth
 - 1 can (15 oz) crushed or petite diced tomatoes
 - 1 can (15 oz) black beans or any other type of bean, rinsed and drained
 - 1 cup corn, frozen or canned/drained
 - Dash of cayenne pepper (optional)
 - Salt and pepper, to taste
- Optional toppings: Diced avocado, chopped cilantro, shredded cheese, plain Greek yogurt, and/or lime wedges*

Directions

1. In a large pot or soup kettle over medium heat add the oil. Once the oil is hot, add ground meat, garlic, onions, bell peppers, zucchini or yellow squash, and carrots, and sauté for 7-9 minutes or until meat is no longer pink.
2. Add seasonings, tomato sauce, water, crushed tomatoes, beans, and corn. Bring to a boil over medium-high heat. Reduce heat to low, cover, and simmer for 15 minutes or until carrots are tender.

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