

Easy Chili with Pasta - Vegan - SOS

Prep Time: 10 minutes
Cook Time: 25 minutes
Total Time: 35 minutes

Serving Size: 6
Calories per serving: 522
Fat per serving: 5 grams

Ingredients

- 1 (13-ounce) package whole wheat pasta
- 1/4 cup vegetable broth, Trader Joe's Low Sodium
- 2 (15-ounce) cans kidney beans, no salt added, rinsed and dried
- 1 (15-ounce) can diced tomatoes, no salt added
- 1 tablespoon jalapeño pepper, chopped
- 3 cloves garlic, minced
- 1 onion, diced
- 1 green bell pepper, diced
- 1 carrot, grated
- 2 cups frozen corn
- 2 tablespoons dried oregano
- 1 tablespoon chili powder

Instructions

1. Cook pasta according to package instructions, and set aside.
2. In a large pot heat 2 tablespoons vegetable broth. Add garlic, onion, oregano, jalapenos, and chili powder. Cook for about 5 minutes, until onion is soft.
3. Add the rest of vegetable broth, along with green pepper, carrots, corn, and tomatoes.
4. Cook for 2 minutes and then add beans, stir occasionally for another 10 minutes.
5. Serve on top of cooked pasta.

Notes

Nutrition facts (per serving): Calories: 522, from fat: 16, total fat: 5g, cholesterol: 0mg, sodium: 284mg, total carbohydrate: 105g, fiber: 16g, sugar: 5g, protein: 20g.