

Baja Bean Chili With Guacamole

Chili doesn't require meat in order for it to be a bodacious bowl of flavor. This recipe proves it. It's loaded with beans, has the perfect touch of heat, and is topped with a delightful dollop of guacamole. One generous cup is super filling, too. Check out how much fiber you get!

Makes: 6 Servings

Serving Size: Generous 1 cup chili, 1 Tbsp guacamole

Preparation Time: 15 minutes

Cooking Time: 35 minutes

Ingredients

- 1 Tbsp. extra-virgin olive oil
- 1 large Vidalia or other sweet onion, finely diced
- 1 small jalapeño pepper, with some seeds, minced
- Juice of 1 lime (2 Tbsp)
plus 1/8 tsp sea salt, divided
- 2 large cloves garlic, minced
- 1 1/2 Tbsp. chili powder
- 1 tsp. ground coriander
- 2 1/4 cups low-sodium vegetable broth
- 1 can crushed roasted tomatoes
- 2 cans red kidney beans, rinsed and drained
- 1/2 cup guacamole of choice

Directions

1. Heat the oil in a large saucepan over medium heat. Add the onion, jalapeño, lime juice, and 1/8 tsp of the salt and sauté until the onion is softened, about 8 minutes. Add the garlic and sauté for 1 minute.
2. Stir in the chili powder, coriander, broth, tomatoes, and the remaining 1/4 tsp salt and bring to boiling over high heat. Reduce heat to medium low. Stir in the beans and simmer, uncovered, about 20 minutes, stirring occasionally, until the desired consistency is reached.
3. Ladle the chili into bowls, top each with a generous 1 Tbsp of the guacamole, and serve.

Food Flair: Use a mixture of kidney and black beans for more flavor and color nuance. For an aromatic and lovely finish, stir in or garnish with chopped fresh cilantro.

PER SERVING

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Makes: 6 Servings

Serving Size: Generous 1 cup chili, 1 Tbsp guacamole

Calories	260
Fat	6g
Saturated Fat	1g
Carbohydrate	43g
Fiber	14g
Sugars	7g
Cholesterol	0mg
Sodium	640mg
Potassium	735mg
Protein	14g
Phosphorus	220mg

Choices: Starch 2,
Nonstarchy Vegetable 2, Fat
2

Adapted from *The All-Natural Diabetes Cookbook, 2nd Edition* by Jackie Newgent, RDN, CDN.

Get this dish delivered!

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