

Rainbow Chili

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Ingredients:

1 zucchini, sliced
1 yellow squash, sliced
1 red bell pepper, diced
1 jalapeno pepper, minced
(optional)
1 onion, diced
4 garlic cloves, minced
1 can crushed tomatoes with
liquid

1 can tomato paste
1 can black beans
1 can chili beans
1 can whole kernel corn
1 tbsp olive oil
1 tbsp chili powder
½ tsp dried oregano
¼ tsp cayenne pepper
½ tsp ground black pepper

Directions:

1. Heat oil in a large pot over medium high heat. Stir in zucchini, yellow squash, bell pepper, jalapeno, onions, and garlic. Sauté until tender (about 5 minutes)
2. Add canned ingredients and reduce heat to simmer.
3. Stir in spices and simmer for 45 to 60 minutes, stirring occasionally, until chili reaches desired consistency. Serve while warm!