

EASY | RECIPE

4-Bean Vegetarian Chili

- 2 tbsp **olive oil**
- 1 cup diced **onion**
- 1 cup diced orange **bell pepper**
- 1-2 tsp minced **garlic**
- 2 tbsp **chili powder**
- 2 tbsp **Worcestershire sauce***
- 4 cups boiling **water**
- 1 6-oz can **tomato paste**
- 3 cups fresh **tomatoes**,
chopped and seeded
- 1½ cups frozen **edamame**
(soy beans), thawed
- 1 15-oz can each **kidney**,
white and **black beans**

1. Heat oil in large soup pot and sauté onion, pepper and garlic until softened; stir in chili powder and Worcestershire sauce.
2. Stir in 3 cups water. Whisk together remaining water with tomato paste and add to soup.
3. Add tomatoes, edamame and beans. Bring to a boil; simmer at least 30 minutes. Garnish with grated cheese, a scoop of plain yogurt, or fresh lime juice.

***Notes:** The Worcestershire sauce adds a rich flavor. Vegetarians should omit it or choose anchovy-free. Thoroughly rinsing canned beans can reduce their sodium content by 30%-40%.

MAKES 10 CUPS. Per 1-cup serving:

199 calories | 10.8g protein | 4.5g total fat | .5g sat fat | 2.3g mono fat | .8g poly fat
| 0.0mg cholesterol | 30g carbohydrate | 6g sugar | 9.8g fiber | 320mg sodium