

Vegetarian Chili

EVERYDAY
FOOD

Hello Fresh

Tools

Knife
Pan
Strainer



A rich tomato base, two types of beans, and just the right amount of spice make this dish a satisfying option in only 35 minutes.



Ingredients

2 servings

1 small Yellow Onion
2 cloves Garlic
1 small Zucchini
 $\frac{3}{4}$ t Cumin
 $\frac{1}{2}$ t Chili Powder
6 oz Tomato Paste

$\frac{3}{4}$ C Black Beans
 $\frac{3}{4}$ C Pinto Beans
 $\frac{1}{2}$ can DelMonte® Diced Tomatoes
 $\frac{1}{2}$ can DelMonte® Diced Tomatoes with Green Chilies
1 T Olive Oil*

Nutrition (est)

per serving

Calories: 263
Carbohydrates: 37g
Fat: 7g
Protein: 13g

* Not included



1 Dice the onion and mince the garlic. Cut the zucchini into quarters lengthwise and then slice. Drain and rinse the beans.



2 Heat oil in a pot over medium heat. Add the onion and garlic. Cook until the onion is translucent and the garlic is soft, stirring occasionally, for about 4 minutes.



3 Add cumin and chili powder to the pot. Season with salt and pepper and cook until the spices are fragrant, about 1 minute. Add zucchini and tomato paste. Cook, stirring frequently, until tomato paste turns a deep brick red color (about 3 minutes).



4 Stir in the beans and diced tomatoes. Add 1 cup of water and bring to a boil. Reduce to a medium simmer and cook until the zucchini is tender and the liquid is reduced slightly. Season with salt and pepper.

Finish

Once the chili is done, serve into bowl and dig in!

Watch the **Everyday Food with Sarah Carey** video series for daily recipes and time-saving tips for great food, fast at www.marthastewart.com/everyday-food.

DelMonte® Tomatoes are picked and packed at the peak of ripeness and have the same essential nutrients as fresh. So, you can create delicious, garden quality dishes that your family will love.

Now tweet or post your culinary masterpiece!

Share it with us on our Facebook, Twitter, or Instagram. Tag #DelMonteDinner for a chance to win An Assortment of Kitchen Essentials from DelMonte® and Everyday Food!

