

Veggie Chili

Yield: 4 servings | Prep: 20 mins. | Ready In: 50 mins.

What you need:

- 1 tablespoon olive or canola oil
- ½ large onion, chopped
- 1 medium red bell pepper, chopped
- 1 garlic clove, finely chopped
- 1 jalapeno pepper, seeded, deribbed and minced
- 1 tablespoon ground chili powder
- 1 ½ teaspoons ground cumin
- 1 ½ teaspoons dried oregano
- 1 (14 ½-oz) can no-salt add diced tomatoes in juice
- 1 ½ tablespoons tomato paste
- 1 cup water
- 2 (15-oz) cans black beans, rinsed and drained
- ½ teaspoon salt
- Fresh cilantro, chopped (for garnish)
- Chopped scallions (for garnish)
- Reduced fat sour cream (for garnish)

Original recipe from the American Institute for Cancer Research (AICR).

What you do:

1. Heat oil in large saucepan. Add onion, bell pepper, garlic and jalapeno pepper. Sauté until onion is translucent, about 5 minutes.
2. Add chili powder, cumin and oregano and cook, stirring, for 1 minute.
3. Add canned tomatoes, tomato paste and 1 cup water. Stir until blended.
4. Stir in black beans and salt. Bring to a boil, reduce heat and simmer, uncovered, for 30 minutes.
5. Serve garnished with the cilantro, scallions and a dollop of sour cream, if desired.

Why we love it:

This chili recipe is a great example of incorporating the Mediterranean diet principles into one dish. Increasing evidence suggests that following the Mediterranean diet can reduce the risk of developing conditions such as metabolic syndrome, atherosclerosis, cancer, diabetes, high blood pressure, obesity and Alzheimer's and Parkinson's diseases.



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