

# HOME-STYLE VEGGIE CHILI

- Ingredients:**
- 2 cups vegetable broth
  - 2 tsp no-salt-added chili powder
  - 1 Tbs olive oil
  - 1 (15 oz) can pinto or kidney beans
  - 1/2 medium yellow onion, chopped
  - 1 (15 oz) can black beans
  - 1/2 large green bell pepper, chopped
  - 1 (15 oz) can diced tomatoes
  - 2 stalks celery, chopped
  - 1/4 teaspoon ground back pepper
  - 3 cloves garlic, finely chopped

**Directions:**

- 1) Heat oil in soup pot, add onion, bell pepper, celery, and garlic. Cook over medium heat for 3 minutes, stirring frequently.
- 2) Stir in 1/2 cup of broth (or water) and cook 3-4 minutes longer. Stir in chili powder and cook 1 minute, stirring constantly.
- 3) Add remaining broth, beans and tomatoes and bring to a boil. Reduce heat to medium-low and simmer, partially covered about 30 minutes. Stir in black pepper and enjoy!

**Healthy Tip:** Purchase low- or reduced-sodium (or no-salt-added) canned goods like tomatoes and beans! They go on sale, just like the regular ones.

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For more information, or to volunteer with Concrete Farm to School, please contact Rachel Sacco at [concretefarmtoschool@gmail.com](mailto:concretefarmtoschool@gmail.com) or call (360)854-7171.



Your family may be eligible for food benefits through the Basic Food Program. To see if you are eligible, or to apply for benefits, call **(360) 854-7171**.

Family Size	Gross Monthly Income
2	\$2,586
3	\$3,256
4	\$3,926

*\*Use only as a general guideline. This program was funded in part by the USDA Food Stamp Program. Basic Food is available to all regardless of race, color, sex, age, handicap, religion, or political belief.*



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