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Low-fat Vegetarian Chili with Rice

From: [Better Homes and Gardens](#)

This flavorful meatless chili with a twist is ready for the table in just 25 minutes.



Servings: Makes 4 servings.

Prep: 10 mins

Total: 25 mins

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Ingredients

- 1 15-1/2-ounce can red kidney beans, rinsed and drained
- 1 15-ounce can great northern beans, rinsed and drained
- 1 14-1/2-ounce can low-sodium tomatoes, undrained and cut up
- 1 8-ounce can tomato sauce
- 1 cup water
- 3/4 cup chopped green sweet pepper
- 1/2 cup chopped onion
- 1 tablespoon chili powder
- 1 teaspoon sugar
- 1 teaspoon snipped fresh basil or 1/2 teaspoon dried basil, crushed
- 1/2 teaspoon ground cumin
- 1/4 teaspoon salt
- Dash ground red pepper
- 2 cloves garlic, minced
- 2 cups hot cooked rice

Directions

1. In a large saucepan combine kidney beans, great northern beans, undrained tomatoes, tomato sauce, water, green pepper, onion, chili powder, sugar, basil, cumin, salt, ground red pepper, and garlic. Bring to boiling; reduce heat. Simmer, covered, for 15 minutes, stirring occasionally.

2. Top each serving of chili with 1/2 cup hot cooked rice. Makes 4 servings.

Make-Ahead Tip

Prepare chili. Transfer to refrigerator container; cover and chill up to 2 days. Reheat and top with rice.

Nutrition Facts

Calories 377, Total Fat 2 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 365 mg, Carbohydrate 77 g, Fiber 9 g, Protein 20 g.
Percent Daily Values are based on a 2,000 calorie diet

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If you like chili with beans, add some pintos to this spicy beef sirloin chili.

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