



WILD CHIPOTLE CHILI

QUICK INFORMATION

TIME



1 HR

SERVES



8-10

CALORIES



130

GLUTEN FREE



RECIPE

INGREDIENTS

- 2 Tbsp. olive oil
- 1 large onion, finely chopped
- 1 large yellow bell pepper, diced
- 5 cloves garlic, minced
- 1½ tsp. chili powder
- 1 tsp. ground cumin
- ¾ tsp. ground oregano
- ¼ tsp. salt
- ¼ tsp. ground pepper
- 2 (15 ounce) cans black beans, rinsed and drained
- 2 (14 ounce) cans diced tomatoes, undrained
- 1-2 canned chipotle peppers in adobo sauce, finely chopped
- ½ cup Lundberg Family Farms Countrywild® Rice
- 2 cups vegetable broth or water
- 1 Tbsp. lime juice

PREPARATION

Heat oil in a stockpot over medium high heat; add onions, bell pepper, garlic, and spices; cook until tender, about 5 minutes. Add beans, tomatoes, chipotle peppers to taste, broth, and rice. Bring to a boil, cover and simmer 50 minutes. Remove from heat and stir in lime juice

NUTRITIONAL FACTS

Serving Size: 1 cup

AMOUNT PER SERVING

Calories 130 Calories from Fat 30

Total Fat 3.5g
Saturated Fat 0g
Trans Fat 0g

Cholesterol 0mg

Sodium 710mg

Total Carbohydrates 24g
Fiber 4g
Sugar 4g

Protein 5g