



Makes 10 cups
Preparation Time: 25 minutes
Cook Time: 30 minutes

INGREDIENTS:

3 bell peppers (red, orange, and/or green), cored and cut into ½-inch dice (3 cups)

1 medium onion, cut into ¼-inch dice (2 cups)

3 celery stalks, cut into ½-inch dice (1½ cups)

2 medium carrots, roughly chopped into ¼-inch pieces (1 cup)

12 cloves garlic, minced

2 teaspoons ground cumin

2 teaspoons dried oregano

2 (15-ounce) cans diced tomatoes (3 cups)

2 tablespoons salt-free chili powder

2 tablespoons paprika

3 (15-ounce) cans cannellini beans, rinsed and drained (4½ cups)

1 cup fresh or frozen corn

2 tablespoons white wine vinegar

1 tablespoon fresh lemon juice

¼ cup finely chopped fresh cilantro, divided

⅓ teaspoon sea salt

Zesty White Bean Chili

Corn and carrots give this flavorful, veggie-packed white bean chili a hint of sweetness. Sweeter still, this simple, satisfying recipe comes together in less than an hour and requires only one pot.

By Darshana Thacker Wendel

- 1 In a large saucepan or pot over medium heat, combine the bell peppers, onion, celery, carrots, garlic, cumin, and oregano. Cook 20 minutes, stirring occasionally. Add water, 1 to 2 tablespoons at a time, as needed to prevent vegetables from sticking to the pan.
- 2 Add the tomatoes, chili powder, paprika, and 2 cups water. Bring to a boil over high heat; then reduce heat to a simmer, cover pot, and cook 10 minutes more.
- 3 Add the beans, corn, vinegar, lemon juice, half of the cilantro, and the salt. Cook 10 to 15 minutes, or until the vegetables are tender and the chili thickens.
- 4 Garnish with remaining cilantro and serve hot.