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# Three Bean Chili

Budget-friendly recipe

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Serves: 6

Ready in: 45 mins.

*Try this vegetarian chili for a great, protein-rich dinner!*



## Ingredients

- 1 tablespoon Vegetable oil
- 1 Onion *diced*
- 2 Cloves garlic *finely chopped*
- 2 Zucchini/yellow summer squash *diced (fresh or frozen)*
- 1 cup Corn *fresh or frozen*
- 2 Bell peppers *diced*
- ½ teaspoon Black pepper
- ½ teaspoon Salt *(feel free to use less)*
- 1 tablespoon Chili powder
- 1 teaspoon Ground cumin
- 16 ounces low-sodium pinto beans *drained and rinsed*
- 16 ounces Low-sodium black beans *drained and rinsed*
- 16 ounces low-sodium red kidney beans *drained and rinsed*
- 30 ounces low-sodium diced tomatoes
- 1 tablespoon Molasses *(feel free to use less)*

## What You'll Need

- stockpot and cover
- Knife
- Cutting board
- Measuring spoons
- Measuring cups
- stir spoon

## Directions

1. In a stockpot, heat vegetable oil over medium heat. Add onion and garlic then cook until soft, about 2 minutes. Add zucchini or squash, corn, and bell peppers then cook until soft, about 5 minutes. Stir in remaining ingredients and bring to a boil.
2. Reduce heat, cover, and simmer for 20 to 25 minutes, stirring occasionally.
3. Serve immediately or cool completely then store in the refrigerator or freezer.

## Nutrition Info and more

Serving size: 1 cup

Total calories: 370 Total fat: 5 g Saturated fat: 1 g Carbohydrates: 66 g Protein: 20 g Fiber: 19 g Sodium: 580 mg