



Warm up with some Heart Healthy Chili



Ingredients (makes 6-8 servings):

- 1 tablespoon olive oil
- 1 large onion, chopped
- 3 garlic cloves, diced
- 2 red bell peppers, chopped
- 1/2 chopped jalapeño, with seeds removed (optional)
- 1 pound chopped portobello or crimini mushrooms, chopped
- 2 tablespoons chili powder
- 1 tablespoon cumin
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper, freshly cracked
- 1/4 teaspoon dried oregano
- a pinch of cayenne pepper (optional)
- 28 oz. can of crushed tomatoes, unsalted
- 3 cups (2 cans) cooked beans (cannellini, kidney or pinto), rinsed and drained
- 1 tablespoon tomato paste
- 4 cups low-sodium chicken or vegetable stock

Directions:

1. Preheat a large heavy-bottomed soup pot to medium heat. Add the oil, onion, garlic, red bell peppers, jalapeño (optional) and mushrooms.
2. Sauté for 10 minutes or so, to allow the vegetables to soften.
3. Add the chili powder, cumin, salt, pepper, oregano and cayenne pepper (optional). Cook for 1 minute.
4. Add the crushed tomatoes, beans, tomato paste and stock. Give everything a good stir and then bring to a boil. Once the chili is boiling, reduce the heat to medium-low and allow to simmer.
5. Simmer for 25-30 minutes until the vegetables are cooked through. Remove the pot from the burner and add additional salt or pepper, if desired.
6. Garnish with your favorite toppings (cilantro, avocado, green onions) and serve. ProTip - swap the sour cream with Greek Yogurt for the same great taste.

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