Vegetarian chili

Ready in 1 hour • Makes 6 servings

- 1 can (18 oz) chili-style stewed tomatoes
- 1 can (14 oz) white or red kidney beans, rinsed and drained
- 1 can (10 oz) stewed tomatoes with chili peppers
- 2 celery stalks, chopped
- 1 medium onion, chopped
- 4 cups vegetable or chicken broth

Combine all ingredients in a large pot, bring to a boil, then let simmer for 30 to 60 minutes. Alternatively, you can put all ingredients into a slow cooker and leave on low for 6 to 8 hours.

NUTRIENTS PER SERVING:
Calories: 130, Total Fats: 1 g, Saturated Fat: 0 g, Trans Fat: 0 g, Cholesterol: 0 mg, Sodium: 710 mg, Total Carbohydrates: 23 g, Dietary Fiber: 6 g, Sugars: 9 g, Protein: 8 g, Iron: 2 mg