

# Veggie Packed Chili



**PREP TIME:**  
20 MINUTES

**COOK TIME:**  
20 MINUTES

**TOTAL TIME:**  
40 MINUTES

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Recipe type: Gluten Free / Dairy Free / Vegan

Yield: 6-8 Servings

## Ingredients:

- 2 TBSP Olive Oil
- 28 oz. Can Organic Plum Tomatoes (*Non-BPA lined*)
- ¼ Cup Diced Red Onion
- 15 oz. Cubed Butternut Squash (*optional: dice into smaller pieces*)
- 2 Cups Diced Carrots
- 8 oz. Organic Vegetable Broth
- 2 Cups Diced Red Pepper
- ¾ Cup Diced Celery
- 2 Cups Diced Zucchini
- 4 Teaspoons Chili Powder
- 2 Teaspoons Himalayan Sea Salt
- ¼ Teaspoon Cayenne Pepper
- 2 Teaspoons Cumin
- 2 Teaspoon Garlic Powder
- 1 15 oz. can Organic Black Beans (*Non-BPA lined*)
- 1 15 oz. can Organic Chili Beans (*Non-BPA lined*)
- 1 TBSP Balsamic Vinegar

## Instructions:

1. In large pot, add olive oil and heat on medium. Add onion and cook 3-5 minutes.
2. Add carrots and butternut squash. Cook for about 5 minutes and then add broth. Allow veggies to soften simmering for about 5-8 more minutes. Add peppers, celery, and zucchini.
3. Cook about 5 minutes. Add contents of plum tomatoes to pot. Break apart tomatoes with wooden spoon.
4. Add seasonings: chili powder, salt, cayenne, cumin, and garlic powder. Stir until combined.
5. Add both cans of beans to pot stirring until combined.
6. Add balsamic vinegar and stir. Simmer for 20-30 minutes.
7. **Optional: Top Soup with ½ Avocado Sliced.**

**\*Try and use all organic ingredients if possible.**