

Slow Cooker Vegetarian Chili Recipe

This slow cooker chili is an awesome way to batch cook. You can freeze or have extra available for the next day. It's packed with heart and gut healthy plant fibre.

Ingredients:

- 1 19 oz/540ml can each of black beans, Mexican red beans, red kidney beans and white kidney beans, drained and rinsed several times (total of 4 cans beans)
- 2 28 oz/796ml cans lower sodium San Marzano plum tomatoes
- 1 large sweet onion, chopped
- 1 green zucchini, coarsely chopped
- 1 each red pepper, yellow pepper and orange pepper, coarsely chopped
- 3-6 cloves fresh minced garlic
- 2-3 tbsp/30-45ml chili powder
- 1 tbsp/15ml ground cumin
- ½ tsp/2ml freshly ground black pepper
- ½ tsp/2ml salt, optional

Method:

1. Add all ingredients in slow cooker in order listed.
2. Stir gently but thoroughly to mix.
3. Cover and cook on low 8-10 hours, depending on your slow cooker.
4. Serve over basmati brown rice. Top with 1-2 tbsp/15-30ml shredded old cheddar cheese.
5. Add a mixed greens salad to complete the meal.
6. Freezes well.