

## Vegetarian Chili

- 1 tablespoon extra virgin, olive oil
- 1 jalapeno pepper, seeds removed, fine chopped
- 1/2 cup onion, chopped
- 1 1/3 cup red and yellow peppers, chopped
- 6 teaspoons chili powder
- 1 1/2 teaspoons paprika
- 1/4 teaspoon garlic powder
- 3/4 teaspoons ground (cayenne) red pepper
- 1/2 cup Splenda® Granular or equivalent artificial sweetener of your choice
- 3 tablespoons balsamic vinegar
- 1 (28-ounce) can crushed tomatoes with thick tomato puree
- 1 (19-ounce) can black beans, undrained
- 2 (19-ounce) cans dark red kidney beans, undrained
- 1 (19-ounce) can cannellini beans, undrained
- 1 (10-ounce) package frozen corn kernels

1. In a large, non stick, stock pot heat olive oil. Sauté jalapeno pepper, onions, and red and yellow peppers over medium heat until onions are translucent (5 to 8 minutes). Add the remaining ingredients and slowly bring to a boil. Cover pot and simmer on low heat for 20 minutes. Serve hot.

Makes 16 servings.

Variation: If hot chili is preferred, increase the ground cayenne red pepper to 1 teaspoon, and increase the chili powder to 7 teaspoons. If sweeter chili is preferred, increase Splenda® to 2/3 cup.

### **Nutrition information per serving:**

Calories 160  
Carbohydrates 30 g  
Total Fat 1.5 g  
Saturated Fat 0 g