

Healthy Bites

with

Bridgette



Bridgette's No Sissy Veggie Chili

Makes 8 to 10 servings

Ingredient List:

- Extra virgin olive oil
- 1 large red onion
- 4 poblano peppers, (OR 3 large bell peppers for reduced heat)
- 1-2 jalapeno peppers (remove seeds and pith to reduce heat, optional)
- 5 large garlic cloves
- Chili powder
- Cumin
- Smoked paprika
- Salt/pepper to taste
- 1 can chili in adobo sauce
- Tomato paste
- 1 28-oz. can crushed tomatoes
- 2 14.5oz. cans fire-roasted tomatoes
- 4-5 cups vegetable or chicken stock
- 1 15-oz. can kidney beans
- 1 15-oz. can black beans
- 1 15-oz. can pinto beans
- 1 cup frozen corn
- 1 bunch green onion
- Shredded cheese to taste (optional)
- Greek yogurt to dollop on top (optional)