

# VEGETARIAN CHILLI

## INGREDIENTS:

1 cup diced onion  
3 garlic cloves, minced  
1 cup chopped green cabbage  
1 32 ounce can tomatoes,  
coarsely chopped with liquid  
1 (8 ounce) can tomato sauce  
1 cup canned black beans,  
drained and rinsed  
2 Tbsp. hot chili powder  
1/4 tsp. cayenne pepper  
salt and pepper to taste

**6 Servings/ Serving size:  
1 cup**

Prep. Time: 25 minutes

Cook Time: 1 hour

Calories: 123

Total Fat: 4 g

Carbohydrate: 21 g

Fiber: 6 g

Sugars: 8 g

Protein: 6 g

## HOW TO MAKE IT:

1. Heat the oil in a large pot or Dutch oven over medium heat.
2. Add the onion and garlic and sauté for 3 minutes.
3. Add the cabbage and sauté for 3 minutes.
4. Add the remaining ingredients, bring to a boil.
5. Lower the heat and simmer on low for 1 hour until thick.
6. Add water, if necessary, to desired consistency.

