

Summer Veggie Chili

8 Servings

- 2 tbsp. extra virgin olive oil
- 4 cloves garlic, minced
- 1 yellow onion, diced
- 2 cups ground Beyond Meat
- 3 stalks of celery, diced
- 2 summer squash, diced
- 2 sweet potatoes, peeled and diced
- 1 red pepper, diced
- 1 yellow pepper, diced
- 3 green onions, thinly sliced
- 2 cans black beans, rinsed
- 1 tbsp. chili powder
- 1 tsp. smoked paprika
- 1 tsp. ground cumin
- 1/2 tsp. cayenne pepper
- 1/2 tsp. cinnamon
- Salt and pepper, to taste
- 4 large tomatoes, diced
- 2 cups vegetable broth
- Cilantro and avocado, for garnish

1. Heat oil. Add garlic and onions. Sauté until fragrant.
2. Add Beyond Meat and cook through.
3. Add remaining veggies and beans (excluding the tomatoes).
4. Add spices and cook until fragrant.
5. Add tomatoes and broth; simmer for 20 minutes.
6. Garnish with cilantro and avocado.

Nutrition Facts

Servings 8

Amount Per Serving

Calories 339

% Daily Value*

Total Fat 8g	13%
Saturated Fat 1g	5%
Monounsaturated Fat 4g	
Polyunsaturated Fat 1g	
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 205mg	9%
Potassium 1159mg	33%
Total Carbohydrate 50g	17%
Dietary Fiber 12g	47%
Sugars 8g	
Protein 20g	39%
Vitamin A	188%
Vitamin C	146%
Calcium	93%
Iron	20%

