



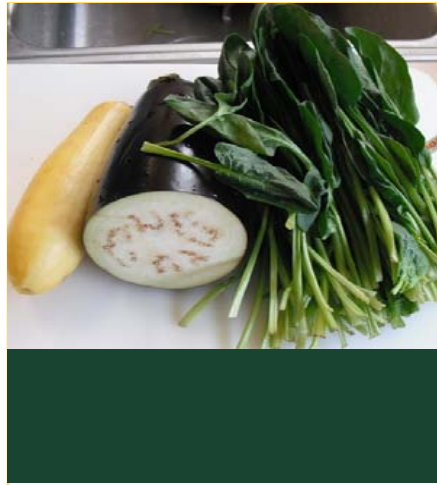
## Lobo Gardens Produce: Extreme Local!

Lobo Gardens is a student organization at UNM, promoting the use of healthy, sustainable and local produce. They grow a wide variety of fruits, vegetables and herbs right here **on UNM campus!**

For best results when preparing your Vegetarian Chili, we recommend the use of local produce.

For more information or to **get involved** in Lobo Gardens, please visit:

<http://unmlobogardens.wordpress.com>

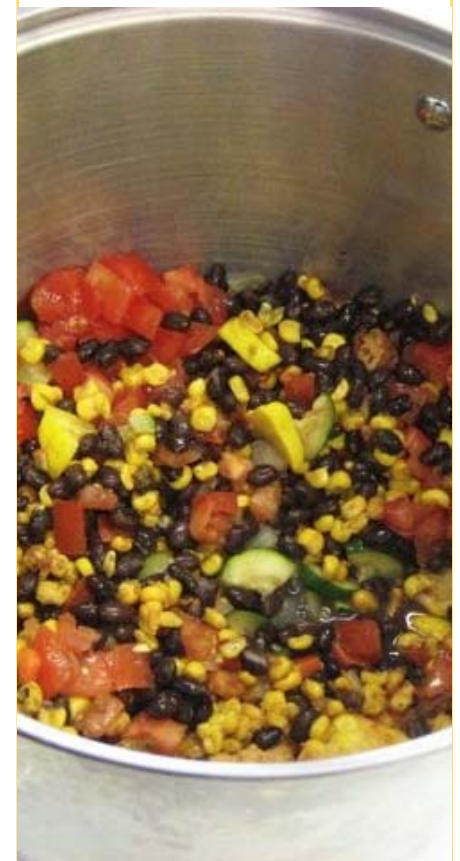


This recipe was  
brought to you by  
UNM students in  
**Nutrition 322:  
Management in  
Dietetics II!**

**Bon  
Appétit!**



## Vegetarian Chili



A delicious recipe for  
the healthy college  
student on the go!



## Nutritional Highlight

This recipe is high in **fiber** and **protein**! Fiber aids in healthy digestion and lowering cholesterol. Protein plays a very important role in building and repairing tissue.

For more information on both of these nutrients visit:

<http://www.webmd.com/default.htm>

## How to make Vegetarian Chili...

### Ingredients

- 1 tbsp olive oil
- 1 medium yellow onion, chopped
- 2 medium carrots, sliced
- 1 medium zucchini, sliced
- 1 medium yellow squash, sliced
- 1 can diced tomatoes
- 1 can yellow corn, drained
- 1 can black beans
- 2 tbsp chili powder
- 2 tbsp cumin
- Salt and pepper (to taste)

### Directions

1. In a stockpot or Dutch oven, sauté onion, carrots and squash in olive oil on medium to high heat until tender.
2. Add in corn and black beans, chili powder, cumin, salt and pepper. Bring everything to a boil.
3. Once boiling, reduce heat and let simmer for 15 minutes. Serve with whole-wheat crackers, bread or on top of brown rice. Enjoy!

**4-5 servings, 1 cup each**

**Prep. Time: 10 min. Cook Time: 20 min.**

Recipe by: Karli Schwartz

### Nutrition Facts

Serving Size 1 cup (237mL)

#### Amount Per Serving

**Calories** 170 **Calories from Fat** 40

#### %Daily Value\*

**Total Fat** 4.5g **7%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 130mg **5%**

**Total Carbohydrate** 30g **10%**

Dietary Fiber 8g **30%**

Sugars 3g

**Protein** 7g

Vitamin A 60% • Vitamin C 40%

Calcium 4% • Iron 10%

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs: