

# VEGETARIAN WHITE BEAN CHILI

---

Adapted from: <https://www.vegetarianventures.com/creamy-vegetarian-white-chili/>

Serves: 6

## INGREDIENTS:

- 1 tbsp olive oil
- 1 white onion, diced
- 1 green bell pepper, diced small
- 1 jalapeno, diced
- 1 garlic clove, minced
- 1 tbsp cumin
- 4 cups low sodium vegetable broth
- 3 15-ounce canned white beans
- 1 4-ounce canned green chiles
- ¾ cup frozen corn
- Salt & Pepper, to taste
- Optional (for garnish): Avocado, mozzarella cheese, chopped green onion, cilantro

## MATERIALS NEEDED:

- Knife
- Cutting Board
- Can Opener
- Large Pot (with lid)
- Measuring Spoons
- Spatula

## INSTRUCTIONS:

1. Heat olive oil over medium in a large stock pot.
2. Add onion and pepper and saute for 7 to 10 minutes, or until the vegetables are soft and onions translucent.
3. Add the garlic, jalapeno, and cumin saute for an additional 1-2 minutes.
4. Add in the beans, frozen corn, and green chiles. Pour enough vegetable stock so that it covers all the ingredients.
5. Cover the pot and simmer for about 10 minutes, until the mixture has thickened. Stir in between so that nothing sticks to the bottom of the pot.
6. Top with garnish and serve.



Brought to you by the  
Student Health Advocate Program  
SHA.UCSD.EDU | 858.534.1824  
Follow us @UCSDSHA

