

Low Sodium Vegetarian Chili

This low-sodium vegetarian chili is loaded with delicious, vibrant fresh ingredients for a hearty meal you will love. The natural flavors of all the ingredients combine to create a chili experience you will love, without all the added sodium.

Prep Time 20 minutes mins | Cook Time 30 minutes mins | Servings 4 -6 servings

Ingredients

- ½ cup fresh or frozen corn kernels (thawed according to package directions)
- 1 tablespoon olive oil
- 1 medium white onion diced
- 1 medium poblano pepper diced
- 1 medium stalk of celery diced
- 1 medium carrot diced
- ½ cup diced orange red, or yellow bell pepper
- 1 small or medium jalapeno seeds and ribs removed, and diced
- ¾ teaspoon freshly ground black pepper
- 1 tablespoon chili powder no-salt
- 2 teaspoons ground cumin
- 1 teaspoon onion powder
- ½ teaspoon garlic powder
- 1 15 oz. can no-salt added diced tomatoes, or 2 large beefsteak tomatoes, diced
- 1 15oz. can no-salt added black beans
- 3 cups unsalted vegetable broth
- 2 bay leaves
- ½ cup red or white quinoa very well rinsed

Instructions

1. Heat a small skillet over medium heat until hot. Add in the corn, and let sit undisturbed for 1-2 minutes, or until lightly charred. Flip, and repeat. Reserve corn.
2. Preheat the olive oil in a large Dutch oven over medium heat until it shimmers. Add in the onion, poblano, celery, carrot, and jalapeno. Season with freshly ground black pepper.
3. Cook until vegetables are softened, approximately 5-7 minutes.
4. Stir in the chili powder, cumin, onion powder, and garlic powder.
5. Stir for 1 minute to bloom the spices.
6. Add in the canned or fresh tomatoes, reserved corn, black beans, broth, and bay leaves.
7. Simmer for 10 minutes, or until warmed through.
8. Add in the quinoa, and simmer for 15-20 minutes, or until cooked through.
9. Garnish with cilantro, onion, and jalapeno.

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