

Lunch | Dinner

# Slow Cooker Hearty Chili

**15 Mins**  
Prep Time

**4-7 Hrs**  
Cook Time

**8**  
Servings

 **191** Calories   **4g** Fat   **29g** Carbs   **9g** Protein



## Ingredients

 **8 Servings**    **Low Heat: 6-7 Hrs • High Heat: 4-5 Hrs Cook Time**    **Allergens: None**

2 Tbsp Extra Virgin Olive Oil

2 Medium Yellow Onions, chopped

2 Bell Peppers, **washed**, seeded and chopped

4 Cloves Garlic, minced

¼ Cup Tomato Paste

4 Cups Vegetable Stock

(1) 14 oz Can Crushed Fire Roasted Tomatoes

(1) 14 oz Can White Beans, drained 

(1) 14 oz Can Pinto Beans, drained 

(1) 14 oz Can Black Beans, drained 

### Spices & Sauces

2 Tbsp Chili Powder      2 Tbsp Ground Cumin

1 Tbsp Paprika      ½ Tsp Cayenne Pepper

1 Tbsp Dried Oregano      2 Tbsp Worcestershire Sauce

### Optional Toppings

Plain Greek Yogurt, Cheddar Cheese, Avocado, Cilantro, Green Onions

### Nourishment Note



#### **Beans**

Beans are a good source of protein. Proteins needs are often higher for those with HIV.

## Instructions

### 1. Wash Hands

Wash hands with soap and water.

### 2. Combine Ingredients

Add all ingredients to the slow cooker. Mix to combine.

### 3. Cover and Cook

Cover and cook on low for 6-7 hours or high on 4-5 hours. If your chili is thick, add the remaining stock, a little at a time, until thin as desired.

### 4. Serve, Top and Enjoy

Serve with favorite toppings.

### 5. Clean Up

Wash hands with soap and water.

Recipe adapted from [Half Baked Harvest](#)

## What You'll Need



Measuring Spoons



Measuring Cups



Can Opener



Cutting Board



Knife



Slow Cooker

### Fatigue Buster

- Use jarred, minced garlic.
- Use pre-cut peppers and onions or prepare up to a day in advance.
- Ask for a friend or family member to help prepare this recipe.