

Stovetop Vegetarian Chili

NY Times, by Melissa Clark

4 servings
30 minutes

If you keep canned beans, tomatoes, onion, and garlic in your pantry, you can make this dish on any weeknight without having to shop. The pickled onions aren't strictly necessary, but they are simple to make and add a welcome tangy contrast to the beans. Pickled peppers are a fine substitute. If you have a bell pepper or jalapeño or two, chop them up and sauté them with the onions. And if you want to be fancy, grate the zest off the lime before juicing for the pickles, and stir it into the sour cream.



EASY PICKLED ONIONS:

- 1 lime
- 1 red onion, thinly sliced
- Large pinch of salt
- Small pinch sugar

CHILI:

- Olive or other neutral oil
- 1 large onion, chopped
- 1 bell pepper, chopped
- 3 garlic cloves, or to taste, minced
- 1 teaspoon chili powder, plus more to taste
- 1 teaspoon dried oregano, plus more to taste
- 2 (15-ounce) cans beans of your choice, drained
- 1 (15-ounce) can diced tomatoes with their juices
- Salt & pepper to taste
- *Fresh cilantro, diced avocado and sour cream, for garnish (optional)*

PREPARATION

1. Make the pickled onions: Squeeze lime juice into a bowl, and add onion, salt, and sugar. Let rest while you make the chili.
2. Prepare the chili: Heat a large skillet over medium-high. Add the oil. When hot, add onion and sauté until softened, 5 to 7 minutes. Add garlic, chili powder and oregano and sauté until fragrant, 1 to 2 minutes longer. Add beans and tomatoes and a few large pinches of salt and let simmer until the tomatoes break down, about 20 minutes.

3. Taste and add more salt, chili powder and/or oregano to your taste. Some may want much more spice!
4. Serve with the pickled onions and any of the garnishes you like.

Nutritional analysis per serving (4 servings)

317 calories; 1 gram fat; 0 grams saturated fat; 0 grams monounsaturated fat; 0 grams polyunsaturated fat; 63 grams carbohydrates; 14 grams dietary fiber; 11 grams sugars; 17 grams protein; 959 milligrams sodium;

Note: The information shown is an estimate based on available ingredients and preparation. It should not be considered a substitute for a professional nutritionist's advice.