

White Bean Chili

Smoky and sweet white bean chili that is perfect for weight loss.

Prep:
10 minutes

Cook:
20 minutes

Ready In:
30 minutes

Servings:
1



Ingredients

- 1/2 large white onion, diced
- 1-2 stalks celery, chopped
- 2 15oz cans cannellini or great northern beans
- 4 cloves garlic, minced
- 1 red bell pepper, chopped
- 2-3 tbsp cilantro, chopped
- 4 cups of water or vegetable broth
- 2 cups of corn
- 1 tsp cumin
- 1 tsp smoked paprika
- 2 tsp chili powder
- 1/3 cup nutritional yeast
- 1 can diced green chilis
- 1 lb of yellow potatoes, chopped

Instructions

- 1 In a large sauce pan over medium heat add in a little water and your onion and garlic. Saute about 5 minutes or until fragrant.
- 2 Rinse and drain your beans then add them into the pot with the rest of your ingredients (except the cilantro and nutritional yeast). Bring to a low boil, cover and cook 20 minutes.
- 3 Once done, add in your cilantro, nutritional yeast and adjust seasonings or add salt to taste. Lightly blend with an immersion blender. Serve with rice and a wedge of lime or more cilantro on top. This is great with avocado too.