

Slow Cooker Smoky Vegetarian Chili with Walnuts

Source: www.hummusapien.com

Prep	Cook	Total
10 min	8 hr	8 hr 10 min

Yield: 6

Serving: 6

This Slow Cooker Smoky Vegetarian Chili with Walnuts comes together in minutes for an easy, healthy vegetarian meal packed with fiber and protein - and the carbs are very reasonable. Make it in the morning and come home to a delicious pot of chili after work!

Ingredients

- 1 medium **onion** *diced*
- 2 cloves **garlic** *minced*
- 1 **bell pepper** *diced*
- 8 oz **sliced mushrooms**
- 1 cup **roasted corn kernels** *(can sub regular corn)*
- 3 **chipotle peppers in adobo** *de-seeded and chopped*
- $\frac{1}{2}$ cup **walnut halves** *finely chopped*
- 2-15 oz cans **fire roasted tomatoes**
- 3-15 oz cans **beans** *drained and rinsed (I used black, pinto, and kidney beans)*
- 1 cup **vegetable broth**
- 2 tsp **oregano**
- 1 tbsp **cumin**
- 1 $\frac{1}{2}$ tbsp **chili powder**
- 1 tsp **smoked paprika**
- 1 $\frac{1}{2}$ tsp **salt** *(more to taste)*
- 1 tbsp **lime juice**

Directions

Place all ingredients except lime juice in a slow cooker and stir to combine.

Cook on low for 8 hours. Stir in lime juice and season to taste with salt. Serve hot with your favorite toppings like tortilla chips or cornbread!

To make on the stove instead, sauté onions, garlic, pepper, and mushrooms in a dutch oven or pot until softened. Add the rest of the ingredients except lime juice, bring to a boil, and then simmer on low heat (covered) for 30 minutes to an hour. Stir in lime and salt to taste at the end.

Nutritional Information

Amount Per Serving (6 Servings)

Calories: 134 **Protein:** 7 g **Sugar:** 7 g **Carbohydrate:** 24 g **Fat:** 3 g **Cholesterol:** 0 mg **Sodium:** 624 mg **Fiber:** 6 g

