



White Bean Veggie Chili with Kale

By Camine Pappas, July 2013

- 1 1/2 T olive oil
- 1/2 red pepper diced
- 2 large celery stalks diced
- 1/2 large yellow sweet onion diced
- 2 medium carrots diced
- 2 large cloves of garlic finely chopped 1 C Kale chopped
- 1/2 t whole dried oregano
- 1 1/2 C Vegetable broth, low sodium
- 1 package Schilling HOT Chili seasoning packet
- 2 cans white northern beans
- 1 can pinto beans
- 1 can diced tomatoes, low sodium, not flavored
- 1 1/2 t salt and 1 t pepper
- 2 T red wine vinegar
- Plain non-fat Greek yogurt
- Celery leaves for garnish

DIRECTIONS:

Heat a large dutch oven, add olive oil. Add vegetables and saute until onions are transparent. (*NOTE: All of these veggies together should make about 3 cups of veggies.*) Add garlic and stir for about a minute until fragrant. Add some of the salt and pepper like you would if you were just seasoning the veggies. Add all the canned ingredients, along with all the liquid in the cans. Add the chili seasoning packet and the oregano. Simmer uncovered on medium low for about 35 minutes. Stir often. Now, add chopped kale and vinegar and check to see if it needs salt. Since we're using so many low sodium options, you will find salt and pepper fine tuning is necessary. Simmer for another 15 minutes on low. Serve with a dollop of yogurt and a sprig of celery leaves. Can also garnish with a bit of very, very finely chopped ribbons of kale for a little more color. Serve with your favorite crusty bread.