

The weatherman says we will get some chilly weather this weekend (we really can't complain since we've had unusually high temps in October!) How about making a healthy pot of chili? It's a great way to get some more legumes (beans!) into your diet. They offer so much nutrition! Beans are a good source of B vitamins including folic acid. Beans also provide the minerals iron, potassium, selenium, magnesium and even some calcium. Dried beans and their cousins also are a good source of insoluble fiber, which promotes digestive health and relieves constipation. Beans also provide soluble fiber, which can help reduce fat levels in the blood. Eating beans regularly may help:

- Lower risk of colon cancer
- Reduce blood cholesterol, as well as LDL or "bad cholesterol," leading causes of heart disease
- Lower risk of type 2 diabetes
- Improve diabetes control for existing type 1 & 2 diabetics

Here's a healthy and tasty chili recipe from American Institute for Cancer Research (see other recipes at [aicr.org](http://aicr.org))

### **Very Veggie Texas Chili**

2 tsp. canola oil	1 28-oz. can tomatoes (2 cups), diced or broken up, with liquid
1 medium chopped onion	1 tsp. diced fresh oregano
1 medium chopped green bell pepper	1 Tbsp. chopped fresh cilantro
1 garlic clove, chopped	1 15-oz. can pinto beans, rinsed and drained, or 2 cups other cooked beans
1 small jalapeno pepper, seeded and minced	1 corn tortilla, torn into 1-inch pieces
1 tsp. ground cumin	salt and freshly-ground pepper to taste
1 Tbsp. chili power or to taste	
cayenne pepper to taste	

In a small Dutch oven or 2 quart saucepan, heat the oil over medium-high heat. Sauté the onion, bell pepper and garlic until the onion is soft, about 6 to 7 minutes. Mix in the jalapeno, cumin, chili powder and cayenne pepper (if using) and cook, stirring constantly, until you can smell the cumin, about 30 seconds.

Add the tomatoes, oregano and cilantro, reduce heat to medium, and simmer for 10 minutes, or until the mixture thickens slightly.

Add the beans, tortilla and pepper to taste. Simmer gently in the sauce for 10 minutes. Let the chili sit 10 to 20 minutes before serving. You can also refrigerate it and serve it later after reheating.

Makes 3 servings, 1 cup per serving.

Per Serving: 218 calories, 5 g. total fat (<1 g. saturated fat), 35 g. carbohydrates, 10 g. protein, 11 g. dietary fiber, 379 mg. sodium.

