

Spicy Chickpea Chili

INGREDIENTS

- 2 teaspoons olive oil or vegetable oil
- ½ red onion, diced
- 4 teaspoons minced garlic
- 16 oz mild salsa of choice
- 1 ½ cups low-sodium vegetable broth
- 1, 15-ounce can corn, drained and rinsed
- 2, 15-ounce cans chickpeas, drained and rinsed

4 SERVINGS
15 MINUTES



Adapted from:
iheartvegetables.com



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PROCEDURE

1. In a large pot, heat the olive oil over medium heat for 30 seconds
2. Add red onion and cook for 2 minutes until it begins to soften
3. Add garlic and continue to cook for 1 minute until fragrant.
4. Add salsa, vegetable broth, corn, and chickpeas. Bring to a simmer.
5. Cover and simmer for 5 - 6 minutes until heated.
6. Divide into bowls and serve!

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