



Color your meal!



MyPlate.gov

VEGETABLE CHILI

Ingredients:

2 yellow onions, chopped
2 zucchinis, cubed
2 sweet potatoes, cubed
2 cups frozen corn, thawed
3 cloves garlic, minced

2 tbsp vegetable oil
2 tsp ground cumin
2 tbsp chili powder
2 tsp dried oregano
2 14.5-oz cans low-sodium diced tomatoes
3 16-oz cans low-sodium kidney beans, drained & rinsed

Directions:

1. Heat a large pot over medium heat and when it is hot, add the oil. Add the onions, zucchini, sweet potatoes, garlic, and spices and cook, stirring from time to time, for 20 minutes.
2. Add the kidney beans and tomatoes. Stir and cook, covered, until the sweet potatoes are tender, about 30 minutes.
3. Add the corn and cook until warmed throughout.
4. Serve right away or transfer to a container once cooled. Refrigerate up to 5 days.

Want to apply for SNAP Benefits? Call the number below for assistance!

Mention **Gleaners** when speaking with your SNAP representative.

F.O.R.
Comida y otros recursos
LÍNEA DE AYUDA



Para obtener ayuda para encontrar una despensa de alimentos, ayuda para presentar una solicitud de beneficios de SNAP o referencias a otros recursos, llame al

1-888-544-8773

F.O.R.
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HELPLINE



For help finding a food pantry, assistance in applying for SNAP benefits or referrals to other resources, call

1-888-544-8773

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خط المساعدة



للحصول على المساعدة في العثور على مخزن طعام، أو المساعدة في التقدم بطلب للحصول على مخصصات SNAP، أو الإحالات إلى موارد أخرى، اتصل بالرقم

1-888-544-8773

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Financiado en parte por el Departamento de Salud y Servicios Humanos de Michigan
Michigan Department of Health and Human Services

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