



Vegetarian Chili

INGREDIENTS

2 T extra-virgin olive oil
1 medium onion, chopped
2 medium carrots, chopped
½ tsp salt, divided
4 cloves garlic, pressed or minced
2 T chili powder*
2 tsp ground cumin
2 cans (15 oz) diced tomatoes, undrained
2 cans (15 oz) black beans, rinsed and drained
1 can (15 oz) pinto beans, rinsed and drained
2 cups water
2 tsp red wine vinegar

DIRECTIONS

Add the drained tuna to a medium mixing bowl. Stir in the carrot, celery, onions and spinach.

In a mixing bowl, stir together the Greek yogurt, lemon juice, Dijon mustard, salt, pepper and dried herbs until well combined.

Serve in a wrap with lettuce, with white beans added on it's own, or with whole wheat crackers.

Note

Garnishes: chopped cilantro, sliced avocado, tortilla chips, greek yogurt, grated cheddar cheese, etc.