

One-Pot Zucchini and Black Bean Chili

Makes 6 Servings

Ingredients

- ☐ 3 tablespoons oil
- ☐ 2 large zucchini, cut into 1/4-inch pieces
- ☐ 2 tablespoons chili powder or 2 teaspoons ground cumin plus 1 teaspoon ground cayenne pepper
- ☐ 2 (15-ounce) cans black beans, drained and rinsed or 2 cups cooked black beans
- ☐ 2 (28-ounce) cans diced tomatoes
- ☐ 1 (15-ounce) can corn, drained and rinsed
- ☐ 1 (15-ounce) can chickpeas, drained and rinsed, or 1 cup cooked chickpeas
- ☐ Shredded cheddar or mozzarella, for serving (optional)
- ☐ Sour cream, for serving (optional)

Directions

1. Heat oil in a large pot over medium-high heat. Add zucchini and cook until tender (soft), about 5 minutes. Stir in chili powder and cook about 1 minute.
2. Stir in black beans, tomatoes, corn, chickpeas, and 1 1/2 cups of water and bring to a boil. Lower the heat to low and simmer (bubble) for 30 minutes.
3. Top with cheese and sour cream (if using). Serve and enjoy.



Recipe from: Feeding Pennsylvania and PA Eats



feedingpa.org/hpi

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