

## Quick Vegetarian Chili with Avocado Salsa

Source: AOL Cooking Light

### INGREDIENTS:

2 tsp canola oil	1 C chopped onion
1 C chopped red bell pepper	2 tsp chili powder
1 tsp ground cumin	1 tsp dried oregano
3 garlic cloves, minced	1 (4.5-oz) can chopped green chiles
2/3 C uncooked quick-cooking barley	1/4 C water
1 (15-oz) can black beans, drained	1 (14-1/2-oz) can vegetable broth
1 (14.5-oz) can no-salt-added diced tomatoes, un-drained	
3 TBS chopped fresh cilantro	6 TBS reduced-fat sour cream
6 lime wedges	18 baked tortilla chips
Avocado Salsa	

### INSTRUCTIONS:

Heat oil in Dutch oven over medium-high heat. Add onion and bell pepper; sauté 3 minutes. Add chili powder + next 4 ingredients (chili powder - green chiles) - cook 1 minute. Stir in barley + next 4 ingredients (barley - broth); bring to boil. Cover, reduce heat and simmer 20 minutes or till barley is tender. Stir in cilantro. Serve with sour cream, lime wedges, chips + Avocado Salsa.

**Note:** Store chili in an airtight container in the refrigerator up to 2 days.

**YIELD:** 6 servings (serving size: 1 C chili, 1 TBS sour cream, 1 lime wedge, 3 chips + about 2-1/2 TBS Avocado Salsa)

**NUTRITIONAL INFORMATION:** CALORIES 313 (29% from fat); FAT 10.1g (sat 2.2g, mono 4.8g, poly 1.6g); PROTEIN 9.6g; CARB 50.4g; FIBER 9.5g; CHOL 6mg; IRON 3.4mg; SODIUM 814mg; CALC 100mg (Totals include Avocado Salsa)

### Avocado Salsa

### INGREDIENTS:

1/2 C finely chopped peeled avocado	1/3 C chopped seeded tomato
2 TBS finely chopped onion	1 TBS chopped fresh cilantro
1 TBS finely chopped seeded jalapeno pepper	
1 TBS fresh lime juice	1/8 tsp salt

**INSTRUCTIONS:** Combine all ingredients; toss mixture gently. Serve immediately.

**YIELD:** 1 C (serving size: about 2-1/2 TBS)

**NUTRITIONAL INFORMATION:** CALORIES 59 (79% from fat); FAT 5.2g (sat 0.8g, mono 3.2g, poly 0.7g); PROTEIN 0.8g; CARB 3.7g; FIBER 1.9g; CHOL 0mg; IRON 0.5mg; SODIUM 54mg; CALC 6mg