

# Black Bean Eggplant Chili

6 Servings • 1 Serving = 1 Cup



## INGREDIENTS

- 1 teaspoon olive oil
- ½ cup onions, chopped
- 1 cup eggplant, cubed
- 1 (15 ounce) can tomatoes, diced
- 1 (15 ounce) can black beans, rinsed and drained
- 1 (4 ounce) can green chiles, diced
- 2 teaspoon paprika
- 2 teaspoon chili powder
- 2 teaspoon garlic powder
- 1 teaspoon cumin
- 1 cup water
- Optional: dash of red pepper chili flakes

## DIRECTIONS

1. In a saucepan, sauté onions in olive oil for 5 minutes on medium heat.
2. Add eggplant, tomatoes, beans, green chiles, paprika, chili powder, garlic powder, cumin, and water.
3. Simmer for 10-15 minutes.
4. For extra spice, top with chile flakes.

## Nutrition Facts

6 servings per container  
Serving size 1 cup

Amount per serving  
**Calories 140**

% Daily Value\*

Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	10%
Total Carbohydrate 26g	9%
Dietary Fiber 10g	36%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 7g	

Vitamin D 0mcg	0%
Calcium 66mg	6%
Iron 3mg	15%
Potassium 509mg	10%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe developed by the San Antonio Food Bank



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