



Vegetable Lime Chickpea Chili

Yield: 6-8 servings, **Prep Time:** 10 minutes, **Cook Time:** 20 minutes

An easy, healthy, and flavorful chili the entire family will love!

Ingredients:

- 2 tablespoons extra-virgin olive oil
- 1 1/2 cups finely chopped white onion
- 1 1/2 cups chopped zucchini
- 1 1/2 cups yellow squash
- 1 cup chopped mini sweet peppers
- 1 8-ounce package baby bella mushrooms, sliced
- 2 tablespoons minced garlic
- 2 15-ounce cans chickpeas, drained and rinsed
- 1 28-ounce can diced tomatoes
- 2 cups vegetable broth
- 1/2 cup chopped fresh cilantro leaves
- 3 tablespoons lime juice
- 2 teaspoons ground cumin
- 1 teaspoon chili powder
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper

Directions:

Heat the olive oil in a Dutch oven or large pot over medium heat. Add the onion, zucchini and yellow squash, sweet peppers, and mushrooms. Cook, stirring occasionally, until tender, 5-8 minutes. Add the garlic, stir and cook for 1 minute. Add the chickpeas, tomatoes, broth, cilantro, lime juice, cumin, chili powder, salt, and pepper. Mix well and allow to gently boil until all ingredients are heated through, about 5 minutes. Reduce the heat to low and simmer until ready to serve.

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