

Soups and Stews

## Crock Pot Mushroom Chili

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**Serves:** 4

**Preparation Time:** 7 hours

**Ingredients:**

- 1 onion, diced
- 2 cloves garlic, minced
- 1 green bell pepper, chopped
- 1 cup fresh or frozen corn kernels
- 1 zucchini, diced
- 8 ounces mushrooms, sliced
- 3 cups diced tomatoes
- 3 cups cooked kidney or pinto beans or 2 (15 ounce) cans low-sodium or no-salt-added kidney beans
- 1/2 cup water
- 2 tablespoons chili powder
- 2 teaspoons cumin
- 1/2 teaspoon oregano
- dash cayenne pepper (or to taste)

**Instructions:**

Combine all ingredients in a crock pot. Cover and cook on low for 7 hours.

**Per Serving:**

CALORIES 279; PROTEIN 17g; CARBOHYDRATES 54g; TOTAL FAT 2.3g; SATURATED FAT 0.4g; SODIUM 89mg; FIBER 15.6g; BETA-CAROTENE 1366ug; VITAMIN C 58mg; CALCIUM 110mg; IRON 6.5mg; FOLATE 241ug; MAGNESIUM 112mg; ZINC 2.9mg; SELENIUM 17.9ug

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