Serves: 8 · Serving size: 1 ½ cup with cornbread triangle



## Hearty Chili with Cornbread Topping

1 tbsp. extra virgin olive oil

1 onion

1 carrot, peeled

1 bell pepper

2 tbsp. DIY Southwest Chipotle Seasoning (found at blog. Tupperware.com)

½ tsp. kosher salt

¼ tsp. pepper

28-oz./800 g can fire roasted crushed tomatoes

15-oz./425 g can black beans with liquid

15-oz./425 g can white beans with liquid

15.25-oz./435 g can whole kernel corn, drained

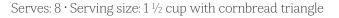
Juice of one lime

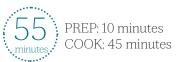
 $2\ 8.5\mbox{-oz.}$  boxes of corn muffin mix (and ingredients for each according to box)

- 1. Preheat oven to 350° F/175° C.
- 2. Heat olive oil in the Chef Series II 5-Qt./4.8 L Sauteuse over medium heat.
- Place onion, carrot and bell pepper in base of Power Chef® System, cover and pull cord until chopped. Add veggies to Sauteuse and cook until soft and translucent.
- 4. Add seasonings, tomatoes, beans, corn and mix well. Cook on medium low heat 15 minutes. Add juice of 1 lime, stir well and remove from heat.
- 5. In medium sized Thatsa bowl, prepare corn muffin mixes according to box and pour batter over chili covering the entire surface.
- 6. Place in oven and bake for 20–25 minutes or until toothpick inserted in center comes out clean.
- 7. Carefully remove from oven and serve.

Nutritional Information (per serving): Calories: 195 Total Fat: 2.7g Saturated Fat: 0.3g Cholesterol: 0mg Carbohydrate: 35.6g Sugar: 6g Fiber: 10g Protein: 9.2g Sodium: 341mg Calcium: 7% Iron: 23%







## Hearty Chili with Cornbread Topping



1 onion

1 carrot, peeled

1 bell pepper

2 tbsp. DIY Southwest Chipotle Seasoning (found at blog.

Tupperware.com)

1/2 tsp. kosher salt

1/4 tsp. pepper

28-oz./800 g can fire roasted crushed tomatoes

15-oz./425 g can black beans with liquid

15-oz./425 g can white beans with liquid

15.25-oz./435 g can whole kernel corn, drained

Juice of one lime

2 8.5-oz. boxes of corn muffin mix (and ingredients for each according to box)

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- Place onion, carrot and bell pepper in base of Power Chef® System, cover and pull cord until chopped. Add veggies to Sauteuse and cook until soft and translucent.
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