

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

55
minutes

PREP: 10 minutes
COOK: 45 minutes

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-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.
3. 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 That'sa 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%

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