

Veggie Slow-Cooker Chili

Makes 6–8 servings | A Diabetic-Friendly Recipe

Ingredients:

- 1 (15-ounce) can black beans, drained and rinsed
- 1 (15-ounce) can kidney beans, drained and rinsed
- 1 (15-ounce) can diced tomatoes (with juices)
- 1 cup corn kernels (canned or frozen)
- 1 small onion, chopped
- 2 garlic cloves, minced
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- Salt and pepper to taste



Directions

1. Add all ingredients to a slow cooker (4- to 6-quart size works well).
2. Stir to combine thoroughly.
3. Cover and cook on low for 6–7 hours or high for 3–4 hours, until flavors meld and vegetables are tender.
4. Taste and adjust seasoning with salt and pepper if needed.
5. Serve warm in bowls.

Cooking Tidbit

Top with shredded cheese, chopped green onions, a dollop of sour cream, or diced avocado for extra deliciousness.