Cheesy Vegetarian Chili Recipe

**SERVINGS: 8 (about 1½ cups each)  
  
INGREDIENTS**2 garlic cloves  
2 teaspoons olive oil  
1 large green bell pepper (diced)  
1 cup onion chopped  
½ lb of sliced mushrooms  
14.5 oz can of diced tomatoes or 2 cups fresh tomatoes  
8 oz tomato sauce  
2 tbsp chili powder  
1 medium zucchini (thinly sliced)  
2- 15oz cans red kidney beans (rinsed)  
10 oz package of frozen corn  
1 cup low fat shredded cheddar cheese  
  
  
**DIRECTIONS**

1. Heat olive oil and garlic in large pan.
2. Add onions, green pepper, and mushrooms. Cook until tender.
3. Add in tomato sauce, diced tomatoes, chili powder, and bring to boil.
4. Turn down to low, add in zucchini and kidney beans. Simmer for 10-15 minutes.
5. Add frozen corn and ½ cup cheddar cheese. Stir.
6. Simmer on low for additional 10-15 minutes
7. Serve topped with cheddar cheese.

**NUTRITIONAL ANALYSIS PER SERVING (approximately 1 ½ cups):** Calories: 195  
Total Fat: 3g  
Protein: 13g  
Total Carbohydrates: 34g  
Dietary Fiber: 9g  
Sugars: 6g