



# Slow Cooker Vegetable Chili

Author: Amber Gibson

Serving size: 8 oz.

Protein: 2.3 per serving

## Ingredients:

- 60g diced onion
- 2 cloves garlic, minced
- 40z (115g) diced sweet peppers
- 10oz (295g) small cubed Butternut squash
- 145g diced carrots
- 170g diced or sliced parsnips
- 115g diced tomatoes, canned or fresh
- 85g mushrooms, cut into quarters
- 135g chopped zucchini
- 1 tsp chili powder
- ½ tsp cumin
- 1 tsp cinnamon
- 1 Tbsp cocoa powder
- 1/4c packed brown sugar
- 2c vegetable stock
- Salt and pepper to taste

## Directions:

- Put all ingredients except the mushrooms and zucchini into a crock pot. Cook on low for 5 hours.
- Now add the mushrooms and zucchini. Turn the crock pot on to high and cook for another hour, or until all vegetables are tender.
- Serve immediately with crackers, low protein cornbread, or low protein pasta if you choose!