

Sobeys Dietitians

Quick Vegetarian Chili

Serves 6

Ingredients:

1 $\frac{2}{3}$ cups	400 ml	Vegetable broth
1 $\frac{1}{3}$ cups	325 ml	Texturized vegetable protein (TVP)
1 tbsp	15 ml	Canola oil
3 cups	750 ml	Omelet mix (mushrooms, peppers, onion)
2 cloves		Garlic
3 tbsp	45 ml	Chili powder
1 $\frac{1}{2}$ tsp	7 ml	Cumin
1 can	28 oz/796 ml	Diced tomatoes, no salt added
1 can	14 oz/398 ml	Tomato sauce, no salt added
1 can	19 oz/540 ml	Kidney beans, drained and rinsed
2 tsp	10 ml	Lemon juice

Directions:

1. Put vegetable broth in a saucepan and bring to a boil. Add TVP, stir, cover and let stand for 5 to 10 minutes.
2. Heat oil in a large pot on medium-high and sauté vegetables until tender. Add garlic, chili powder and cumin and cook for 1 minute more.
3. Add tomatoes, tomato sauce, kidney beans and lemon juice. Turn heat to medium low and simmer for 10-15 minutes.
4. Add soaked TVP to pot. Stir and simmer for 5 minutes or until hot.

Nutrition Information per Serving:

Calories	270
Fat	4 grams
Carbohydrate	41 grams
Fibre	13 grams
Protein	19 grams
Sodium	510 milligrams

Tip: Serve this chili with a slice of whole grain bread or a whole wheat roll.

Source: Sobeys Dietitians