

# Vegetarian Chili

**Makes:** 6 servings

**Preparation time:** 10 minutes

## Ingredients:

15 ml	vegetable oil	1 tbsp
2	cloves garlic, diced	2
125 ml	diced red onion	½ cup
1	package (12 oz/340 g) Mexican flavored vegetarian ground round	1
250 ml	diced green bell pepper	1 cup
2	cans (each 19 oz/540 ml) diced tomatoes	2
1	can (19 oz/540 ml) red kidney beans drained and rinsed	1
250 ml	grated carrots	1 cup
15 ml	dried parsley	1 tbsp
5 ml	hot pepper sauce	1 tsp
	freshly ground black pepper	
125 ml	shredded cheddar cheese	½ cup

## Directions on back



## Nutrition information:

Per Serving	
Calories	194 kcal
Fat	6.4 g
Sodium	587 mg
Carbohydrate	20.3 g
Fibre	6.8 g
Protein	14.6 g
Calcium	156 mg
Iron	4.1 mg

## Directions:

1. In a large skillet, heat oil over medium heat. Sauté garlic and red onion until softened, about 5 minutes. Add ground round, breaking it apart with a wooden spoon to prevent clumps; sauté for 2 to 3 minutes or until evenly heated. Add green pepper and sauté for 2 to 3 minutes. Add tomatoes, beans, carrots, parsley, hot pepper sauce and pepper to taste; cook, stirring occasionally, for 10 minutes or until beans are heated through.
2. Ladle into serving bowls and sprinkle with cheese.

## Tip:

If you cannot find Mexican-flavoured vegetarian ground round, use regular vegetarian ground round and add 2 tbsp (25 ml) chili powder.

## Variation:

Substitute a 12-oz (341 ml) can of peaches-and-cream corn, drained, for the carrots.



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