

Vegetarian Chili



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 |

Makes: 6 servings
Preparation time: 10 minutes

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.

Variation:

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

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