

Salt and Serenity

Vegetarian Chili

This recipe is very low in fat (about 5 grams per serving) and high in fiber (about 20 grams per serving). Use a large pot because this recipe makes about 10 servings. Leftovers freeze very well.

1 tablespoon olive oil
1 red pepper, diced into ½ inch pieces
1 yellow pepper, diced into ½ inch pieces
1 medium onion, diced into ¼ inch pieces
2 large garlic cloves, minced fine
1 - 19 ounce can black beans, drained and rinsed
1 - 19 ounce can white beans, drained and rinsed
1 - 12 ounce can corn, drained
2 - 28 ounce cans Italian plum tomatoes
3 cups water
1 cup uncooked long grain rice
1 teaspoon chili powder
1 teaspoon kosher salt
1 ½ teaspoons ground cumin
2 small zucchinis, diced into ½ inch cubes
340 gram package of veggie ground round

For garnish:

Tortilla chips
Grated cheddar cheese
Sour cream

1. Heat oil in a large pot over medium heat. Add red and yellow peppers, onion and garlic and sauté for about 5 minutes, until vegetables are tender. Drain canned tomatoes and add the liquid to the pot. Coarsely chop the tomatoes and add them to the pot. Stir in canned beans, corn, rice and water. Add chili powder, salt and cumin. Stir and bring mixture to a boil.
2. Reduce heat to low. Cover pot and simmer for about 30 minutes, stirring occasionally. Add veggie ground round and zucchini and cook on low, uncovered, for about another 5 minutes.
3. Preheat oven to 375° F. Spoon into ovenproof serving bowls and top with some tortilla chips and grated cheddar cheese. Place on baking sheet and put in oven until cheese is melted and bubbly. Top with sour cream if desired

