

# Vegetarian Chili

10 SERVINGS 1 HOUR



## INGREDIENTS

- 1 Yellow Onion (medium, chopped )
- 1 Garlic (minced )
- 12 ozs Vegetarian Crumbles (I like the Quorn brand )
- 1 cup Organic Vegetable Broth (low sodium)
- 1 3/4 lbs Diced Tomatoes (low sodium, diced or crushed )
- 2 3/4 lbs Red Kidney Beans (3 cans, drained and rinsed )
- 1 1/4 ozs Chil Man Chili Seasoning (1 packet)
- 3 cups Low Sodium Tomato Of V 8 Juice
- 1 tsp Chili Powder
- 1 cup Water
- 1 tsp Cumin
- 1 Chilis In Adobo Sauce (chopped )

## NUTRITION

### AMOUNT PER SERVING

|           |     |             |       |
|-----------|-----|-------------|-------|
| Calories  | 195 | Fiber       | 12g   |
| Fat       | 2g  | Sugar       | 6g    |
| Saturated | 0g  | Protein     | 14g   |
| Trans     | 0g  | Cholesterol | 0mg   |
| Carbs     | 30g | Sodium      | 635mg |

## DIRECTIONS

- 01 In stock pot, saute onion, garlic, and vegan crumbles in vegetable broth until onions are translucent.
- 02 Add tomatoes, kidney beans, chili seasoning, tomato juice, chili powder, water, cumin, and chilis.
- 03 Simmer for 30 minutes

## NOTES

### HINT

Prepare in an Instant Pot or electric pressure cooker. It makes it an easy way to transport it to a potluck and you can plug it in to keep it warm.

### HINT

Adjust the spiciness by adding more or less chilis or even a little hot sauce.

### HINT

Add other veggies like corn or bell pepper.

### HINT

Top with chopped red onion, fat free sour cream or plain Greek yogurt, or fat free shredded cheddar cheese. If you are vegan, use the plant based versions of sour cream and cheddar cheese.

### HINT

Top 1/2 cup prepared whole grain or legume pasta with 1 cup of chili to make your own Chili Mac (another of Dad's favorites). See toppings above.