

VEGETARIAN CHILI DAIRY

INGREDIENTS



- 2** Onions (chopped)
- 1 clove** Garlic (crushed)
- 1** Green pepper (seeded & diced)
- 1** Red pepper (seeded & diced)
- 4 T** Extra virgin olive oil **OR** Canola oil (divided)
- 1 can** Red kidney beans **OR** Black beans (15 oz) (rinsed & drained)
- 1 - 2 pkgs** Morningstar Meal Starters (Crumbles) (If you like your chili 'meaty' use 2 pkgs)
- 1 can** Tomato sauce (16 oz) (You'll need more if you use 2 pkgs of the crumbles)
- 1 t** Chili Powder
- 1 t** Cumin
- Salt & pepper to taste
- Non-stick cooking spray

OPTIONAL ADDITIONS

If you add one or both of these vegetables you'll need more tomato sauce

- 2** Zucchini (sliced)
- 8 oz** Mushrooms (sliced)

COOKING INSTRUCTIONS

- 1** Defrost the crumbles
- 2** Spray a saute pan with non-stick cooking spray & add 2 T oil
- 3** Saute the onions garlic & peppers in a saute pan until the onions are golden
- 4** Spray a wok or a 5 quart pot with non-stick cooking spray & add the other 2 T oil
- 5** Saute the crumbles at a medium heat until lightly browned
(If you're using 2 pkgs you'll have to do them one at a time - they need the 'floor' space to brown)
- 6** Combine the crumbles, the sauteed vegetables & all the remaining ingredients in the wok or the 5 quart pot & mix gently but thoroughly
- 7** If you want it really spicy sprinkle a little some cayenne pepper over the mix & stir thoroughly
- 8** Cover & bring to a boil
- 9** Simmer for 20 - 30 minutes stirring occasionally

