

Vegetarian Chili



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Community and Emergency Services



Serves 8

- 2 340 g packages, Yves veggie ground round
- 2 35 g packages, sodium reduced chilli seasoning
- 1 540 ml can no salt added red kidney beans
- 1 540 ml can no salt added white kidney beans
- 1 796 ml can no salt added diced tomatoes
- 1 680 ml can tomato sauce
- 1-3 chipotle peppers in adobo sauce, finely chopped
- 1 cup fresh mushrooms, sliced
- 1 green pepper, diced
- 1 cup corn, frozen (optional)

Serve with:

shredded low fat cheese (20 % MF or less) or Daiya (dairy-free product that tastes like cheese)
whole grain bread, toasted

Contact:

Policy information: Miri Freimanis, HWS, email: miri.freimanis@hamilton.ca or ext. 7141

Nutrition and menu consultation: Pat Elliott-Moyer, RD, email: pat.elliott-moyer@hamilton.ca or ext. 3635

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1. Place all chili ingredients except corn in a slow cooker and mix well.
2. Cook on low for 8 hours or to your preference. If adding corn, stir it into the chili 20 minutes before completion.
3. Serve chili. Sprinkle cheese on top. Serve toasted whole grain toast on the side.

Options:

- To make this recipe vegan, substitute low fat cheese with Daiya.
- Serve chili on a bed of leafy green salad.

