

Lila's Amazing Veggie Chili

Your guests will never know it's vegetarian - for reals! I've been making this for over 15 years, it has won chili cook offs and people swear there's meat in there. Nope!

Ingredients:

10 sundried tomatoes (not in oil)

½ cup boiling water for sundried tomatoes

1 cup TVP, Textured Vegetable Protein- Bob's Red Mill (dried in a bag or in bins)

7/8 cup boiling water for TVP

Olive oil flavored vegetable cooking spray (or 1 Tbs olive oil, not in nutrient calculation)

1 cup chopped onion, white or yellow

1 medium chopped red bell pepper

½ medium finely chopped jalapeno chili (use gloves and take out seeds if you don't like spicy)

2 tablespoons pre-minced or fresh minced

1 ½ tablespoons chili powder, or less

1 ½ teaspoons ground cumin

1 teaspoon dried oregano leaves

1 large bay leaf

1 can (28 oz.) diced low-sodium tomatoes, undrained

1 can (15 oz.) white kidney beans, or regular, rinsed and drained (low to no salt)

1 can (15 oz.), black beans, rinsed and drained (low to no salt)

½-1 teaspoon sea salt, or to taste

¼ teaspoon black pepper, or to taste

6 tablespoons of fresh Parmesan cheese

Directions:

Cover sun-dried tomatoes with boiling water and let stand until soft (10 min.), drain, reserve liquid, chop sun-dried tomatoes. Cover TVP with boiling water in small bowl and let stand 8-10 minutes. Spray large saucepan with cooking spray, heat over medium until hot, sauté TVP, onion, bell pepper, jalapeno, and garlic until vegetables are tender (8 to 10 minutes). Stir in chili powder, cumin, oregano and bay leaf and cook 1 to 2 minutes longer. Next, stir in sun-dried tomatoes with reserved liquid, chopped tomatoes, and beans. Heat to boiling, reduce heat, and simmer covered for 30 minutes. Discard bay leaf, season with salt and pepper to taste. Sprinkle each serving with 1 tablespoon Parmesan cheese.

Bonus Tip: Great over brown rice or veggie burgers. Definitely top with avocado!



Makes: 8 cups

Serving Size: 1-2 cups, depending on hunger and what you eat it with

Approximate Calories: ~180 Calories per 1 cup

Protein: 15 grams, Fiber: 8 grams, Fat: 2 grams

** Remember to practice Conscious Eating and approximate calories are just a bonus!
Mindful/Conscious Eating also allows your body to thoroughly digest the food and absorb all of the amazing nutrients.*

