

Crowd Pleasing Vegetarian Chili

From *Great Food Fast, Dietitians of Canada, 2000*

Try this fantastic non-meat entrée for a high fiber alternative!

- 1 Tbsp vegetable oil
- 1 onion, chopped
- 1 red bell pepper, chopped
- 2 cloves garlic, minced
- 1 stalk celery, chopped
- 1-2 tbsp chili powder
- 2 tsp ground cumin
- 1 can (28 oz, 796 ml) tomatoes
- 1 can (14 oz, 398 ml) black or red kidney beans, rinsed, drained
- 1 can (12 oz, 355 ml) corn kernels, drained
- 1 cup bran cereal
- 3 cups cooked rice
- ½ cup grated cheddar cheese

1. In a large saucepan, heat oil over medium-high heat. Add onion, red pepper, garlic, and celery; cook until vegetables are tender. Stir in chili powder and cumin; cook for one minute.
2. Add tomatoes, breaking up with a spoon. Stir in beans, corn, and cereal; bring to a boil. Reduce heat, cover and simmer for 5 minutes. Serve over rice, sprinkle with cheese.

Serves 6

Per Serving: Calories 366, Carbohydrates 68 g, Protein 14g, Dietary Fiber 10 g, Fat 7 g, Sodium 638 mg.



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