

Vegetarian Chili

1 tsp canola oil
1 clove garlic, minced
14 1/2 oz stewed tomatoes
15 oz canned organic kidney beans, rinsed and drained
15 1/4 oz canned yellow corn, drained
15 oz canned tomato sauce
1 Tbsp chili powder
1/2 tsp dried oregano
1/2 tsp crushed red pepper flakes
1/4 cup dehydrated onion flakes
1/4 tsp black pepper
4 Tbsp low-fat, shredded cheddar cheese

Heat oil in a large, nonstick, heavy-bottomed pot over medium heat. Add garlic—cook for 2 minutes, stirring frequently. Add tomatoes, beans, corn, tomato sauce, chili powder, oregano, red pepper flakes, onion and pepper and stir well.

Increase heat to high and bring chili to a boil. Cook for about 5 minutes, stirring frequently, until chili thickens. Spoon into serving bowls and sprinkle with cheese. Makes 4 servings.

Nutritional information per serving: 261 calories, 14 grams protein, 4 grams fat, 37 grams carbohydrate, 673 mg sodium.

