

Quick Veggie Chili

Prep time: 15 mins | Cook time: 30 mins

Servings: 6 | Yields: 12 cups

INGREDIENTS

- 1 ⅓ cups Vegetable broth
- 1 ⅓ cups Textured Vegetable Protein (TVP)
- 1 tbsp Canola oil
- 3 cups fresh or frozen mushrooms, peppers, and onion, sliced
- 2 cloves Garlic
- 3 tbsp Chili powder
- 1½ tsp Cumin
- 3 cups Diced tomatoes, canned, no salt added
- 1 ½ cups Tomato sauce, no salt added
- 2 cups Kidney beans, drained and rinsed
- 2 tsp Lemon juice

METHOD

1. Put vegetable broth in a saucepan and bring to a boil. Add TVP, stir, cover and let stand for 5 to 10 minutes.
2. Heat oil in a large pot on medium-high and sauté vegetables until tender. Add garlic, chili powder and cumin and cook for 1 minute more.
3. Add tomatoes, tomato sauce, kidney beans and lemon juice. Turn heat to medium low and simmer for 10-15 minutes.
4. Add soaked TVP to pot. Stir and simmer for 5 minutes or until hot.

