

Vegetarian Chili (serves 8 at ~1¼ cups [300 ml] each)



servings: 1 legume, 3 cat. 1 veg., 1 cat. 2 veg.

196 calories, 35 g carbohydrates, 10 g protein, 1 g fat per serving

- > 2 cans (16 oz. [475 ml] each) diced tomatoes, undrained
- > 2 cans (15 oz. [425 ml] each) red kidney beans, drained
- > 2 cups (200 g) cauliflower pieces
- > 1 large sweet potato, diced
- > 1 green bell pepper, chopped
- > 2 carrots, chopped
- > ½ lb. (227 g) mushrooms, chopped
- > 2 cups (220 g) fresh or frozen cut green beans
- > 8-oz. (227 g) can tomato sauce
- > 1 medium onion, chopped
- > ¼ cup (60 ml) dry red wine (optional)
- > 1 tsp. (0.5 g) dried parsley flakes
- > ¾ tsp. (0.37 g) dried basil, crushed
- > ¾ tsp. (0.37 g) dried oregano, crushed
- > ½ tsp. (0.25 g) freshly ground black pepper
- > ½ tsp. (0.25 g) ground cinnamon
- > 1 clove garlic, minced
- > ¼-½ tsp. (0.1-0.25 g) ground red pepper

Combine all ingredients, except kidney beans in a 4-qt. (4 L) Dutch oven and bring to a boil. Simmer uncovered until vegetables are tender, about 30 minutes. Add kidney beans and cook for another 10 minutes.

