Vegetarian Chili

(page 236, Vegetarian Main Dishes)

A fiber-rich vegetarian version of the classic.

1 tbsp (15 mL) vegetable oil

2 cloves garlic, diced

1/2 cup (125 mL) diced red onion

1 package (12 oz/340 g) Mexican-flavored

vegetarian ground round

1 cup (250 mL) diced green bell pepper

cans (each 19 oz/540 mL) diced tomatoes

(about 43/4 cups/1.175 L)

1 can (19 oz/540 mL) red kidney beans,

drained and rinsed (about 2 cups/500 mL)

1 cup (250 mL) grated carrots 1 tbsp (15 mL) dried parsley

1 tsp (5 mL) hot pepper sauce

Freshly ground black pepper

1/2 cup (125 mL) shredded Cheddar cheese

 In a large skillet, heat oil over medium heat. Sauté garlic and red onion until softened, about 5 minutes. Add ground round, breaking it apart with a wooden spoon to prevent clumps; sauté for 2 to 3 minutes or until evenly heated. Add green pepper and sauté for 2 to 3 minutes. Add tomatoes,

beans, carrots, parsley, hot pepper sauce and pepper to taste; cook, stirring occasionally, for 10 minutes or until beans are heated through.

2. Ladle into serving bowls and sprinkle with cheese.

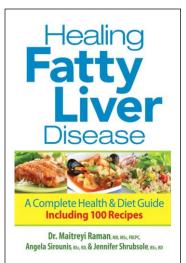
This recipe courtesy of dietitian Lindsay Mandryk.

Makes 6 servings

Nutrients

PER SERVING

Calories 194; Fat 6 g; Carbohydrate 20 g; Fiber 7 g; Protein 15 g



TIPS

If you cannot find Mexican-flavored vegetarian ground round, use regular vegetarian ground round and add 2 tbsp (30 mL) chili powder.

Freeze this dish in mealsized portions so you can have a hot, healthy meal anytime.

Serve with half a bagel and a glass of milk.

Excerpted with permission from Healing Fatty Liver Disease: A Complete Health & Diet Guide Including 100 Recipes by Dr. Maitreyi Raman, Jennifer Shrubsole, Angela Sirounis Available where books are sold.

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For more information on fatty liver disease, visit http://www.liver.ca/, email clf@liver.ca or call 1-800-563-5483.

