

# Crowd-Pleasing Vegetarian Chili



1 tbsp	vegetable oil .....	15 mL
1	onion, chopped .....	1
1	red bell pepper, chopped .....	1
2	cloves garlic, minced .....	2
1	stalk celery, chopped .....	1
1 to 2 tbsp	chili powder .....	15 to 25 mL
2 tsp	ground cumin .....	10 mL
1	can (28 oz/796 mL) tomatoes .....	1
1	can (14 oz/398 mL) black or .....	1
	red kidney beans, drained and rinsed	
1	can (12 oz/355 mL) corn .....	1
	kernels, drained	
1 cup	bran cereal .....	250 mL
3 cups	cooked rice .....	750 mL
1/2 cup	shredded Cheddar cheese .....	125 mL

## MAKES 6 SERVINGS

Marilynn Small

*Vegetarian chili is a great meal planner today as most people are trying to reduce their intake of fat and increase dietary fiber. If desired, garnish with chopped green or red onion and a dollop of light sour cream.*

### TIPS

*Substitute 1 cup (250 mL) dried beans, soaked, cooked and drained, for the canned beans, if desired. If you have a slow cooker, use it to prepare dried beans for use in this recipe. Soak the beans, either overnight or using the quick-soak method. In a slow cooker, combine 1 cup (250 mL) soaked beans, drained, and 3 cups (750 mL) water. Cover and cook on Low setting for 8 to 10 hours. For convenience, cook the beans overnight, drain and refrigerate until ready to use.*

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Continued...

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 1 minute.
2. Add tomatoes, breaking up with spoon. Stir in beans, corn and cereal; bring to a boil. Reduce heat, cover and simmer for 5 minutes. Serve over rice, sprinkled with cheese.

### DIETITIAN'S MESSAGE

*Although a rich source of vegetable protein, beans do not contain the full range of essential amino acids to be classified as a «complete» protein. Strict vegetarians must ensure they eat adequate amounts of grains and cereals, seeds and nuts and, if appropriate, dairy products and eggs, in addition to legumes.*

### NUTRIENTS Per Serving

Calories: 317      Protein: 12 g  
Fat: 6.8 g      Carbohydrate: 59 g  
Saturated Fat: 2.4 g      Fiber: 11 g  
Sodium: 659 mg

**Very high in:** vitamin C, thiamine, niacin, vitamin B6, folacin, magnesium, iron, fibre **High in:** vitamin A, riboflavin, pantothenic acid, calcium, zinc