



VEGETARIAN CHILI

Serves 8 – 1 cup servings

INGREDIENTS

- ◆ Canola oil cooking spray
- ◆ 1 cup diced onion
- ◆ 1 red pepper, seeded and diced
- ◆ 1 carrot, peeled and diced
- ◆ ½ jalapeño pepper, seeded and diced
- ◆ 2 garlic cloves, minced
- ◆ 1 14.5-oz. can no-salt-added diced tomatoes
- ◆ 2 15-oz. cans no-salt-added dark red kidney beans, drained and rinsed
- ◆ ½ cup dried green lentils, rinsed and drained
- ◆ 2 cups no-salt-added vegetable broth
- ◆ 2 cups water
- ◆ ½ teaspoon mild paprika
- ◆ 1 teaspoon cumin
- ◆ 1 Tablespoon sodium-free chili powder
- ◆ Pinch cayenne (or to taste)

PREPARATION

1. Heat a large stock pot sprayed with canola oil cooking spray over medium heat.
2. Add onions, diced pepper, diced carrot, and jalapeño. Reduce heat and sauté for 10 minutes until vegetables are translucent.
3. Add garlic and cook for an additional 1-2 minutes.
4. Add tomatoes, beans, lentils, vegetable broth, water, and spices.
5. Simmer for 45-60 minutes, adding additional water as needed for desired consistency.

PRITIKIN CHEF'S TIPS

- ◆ Serve with whole-wheat spaghetti chips, or on top of brown rice or a baked potato.
- ◆ Sprinkle with a tablespoon of grated veggie/soy based Parmesan cheese, chopped cilantro, and green onion.
- ◆ Seitan (a meat substitute made from gluten, the main protein in wheat), tempeh, or baked tofu cubes may be added if desired. To bake tofu, lightly mist baking sheet with nonstick cooking spray. Pick up the block of firm tofu and squeeze it with both hands to let some of the water out. Thinly slice tofu into about four ¾-inch-thick slices. Place slices on baking sheet. Bake for 10 minutes on each side or until golden brown. Cube into bite-size pieces.