

VEGGIE LOVERS CHILI

Ingredients

- 1 (16 oz) can black or pinto beans, drained and rinsed
- 1 (16 oz) can kidney beans, drained and rinsed
- 1 (16 oz) can diced tomatoes
- ½ onion, diced
- 3 cloves garlic, minced
- 1 bell pepper, diced
- ½ c. texturized vegetable protein (TVP)
- ½ c. plus 3 Tbsp. water
- 2 Tbsp olive oil
- 2 Tbsp. chili powder
- 1 tsp. ground cumin
- ¼ tsp. ground cayenne pepper
- ½ tsp. each salt & pepper

Directions

In a medium to large soup pot, sauté onion, bell pepper and garlic in olive oil. Add tomatoes, 3 Tbsp water, chili powder, cumin, and cayenne pepper and stir. Reduce heat to medium low and add beans. Stir occasionally and cook for at least 20 min. Add TVP and 1/2 cup water 10 minutes before done cooking. Let the chili cook at least 20 min for best flavor.

Yields: 6 servings

Calories: 334

Fat: 6 g

Protein: 19 g

TEMPEH REUBEN

Ingredients

- ¼ c. Bragg Liquid Aminos or low sodium soy sauce
- 1 small onion, quartered
- 2 cloves garlic, peeled
- 1 bay leaf
- 1 (8 oz) package tempeh, sliced
- 5 oz. low fat Monterey Jack cheese or low-fat Swiss cheese
- 2 c. sauerkraut, drained
- 2 c. water

Thousand Island Dressing

- ¼ c. fat-free mayonnaise
- 3 Tbsp. relish
- 2 Tbsp. ketchup

Directions

To prepare seasoned tempeh, combine liquid aminos or soy sauce, onion, garlic, bay leaf and 2 cups water in a saucepan over medium heat. Add tempeh slices and bring to a simmer. Reduce heat to medium low and simmer 20 min. Cover and let tempeh cool in broth. To make dressing, mix together mayonnaise, relish and ketchup in a small bowl. Drain tempeh and discard liquid, onion, garlic and bay leaf. On a baking sheet, make 8 equal piles of tempeh slices, top each with 1/4 cup sauerkraut and cheese. Broil for 3-5 minutes or until cheese has melted. Serve with dressing for dipping.

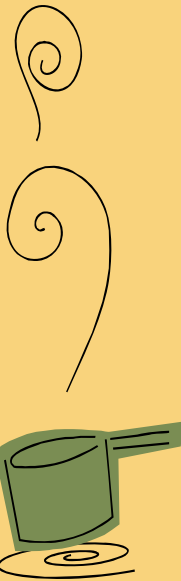
Yields: 8 servings

Calories: 276

Fat: 9 g

Protein: 14 g

RECIPES



*For eating well
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