

Vegan

Chili Beans

Esther Gamayo

Servings: 8

1/2 Pound Kidney Beans, Light Red Dried, washed, soak for 30 minutes
1/2 Pound Pinto Beans, Dried, washed, soak for 30 minutes
1 1/4 Patties Morning Star Farms Grillers Vegan Vege Burgers, crumbled
1 7/8 Quarts Water
1 Clove Garlic, Chopped
1/2 Medium Onion, Yellow, diced fine
1/2 Medium Green Bell Pepper, diced fine
1/3 Teaspoon Chili Powder Lt
1/8 Teaspoon Cayenne Pepper, Ground
5/8 Teaspoon Vege Beef Broth (mckay's)
1/8 Teaspoon Cumin, Ground
5/8 Ounce Chili Mix W/beans Quick Start (vegetarian)
6 3/8 Fluid Ounces Tomato Paste
1/3 Tablespoon Olive Oil
Garnish: Slice Green Onion, Vegan Sour Cream, Shredded Vegan Yellow Cheese (optional)

In a large saucepan, saute garlic, onion and crumbled vege meat in oil until tender. Stir in remaining ingredients except garnishes.

Bring to a boil. Reduce heat; simmer, uncovered, for 1 to 1 1/2 hours or until soft. Top individual bowls with vegan sour cream, vegan cheese and slice green onion.

Per Serving (excluding unknown items): 28 Calories; 1g Fat (19.4% calories from fat); 1g Protein; 6g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 214mg Sodium. Exchanges: 1 Vegetable; 0 Fat.