

Easy Vegetarian Chili (makes 4 servings)

Ingredients:

- 1 Package 12oz Morningstar Grillers Recipe Crumbles
- 1 15oz can diced tomatoes (no-salt added)
- 1 package low sodium chili seasoning
- (OR)** 1/2 tbsp chili powder
- 1 can kidney beans (drained and rinsed)
- 1/2 cup chopped red onion



Directions:

1. In a large skillet, place contents of entire package of frozen crumbles in skillet
2. Add 1/3 cup of water and cover skillet with a lid.
3. Cook over MEDIUM-HIGH heat for 4 minutes. Reduce heat to MEDIUM. Let cook an additional 4 minutes, stirring occasionally.
4. Add remaining ingredients and bring to a boil.
 - If using chili powder, start with ½ tbsp. and gradually add more to taste as needed
5. Reduce heat and simmer for 10-20 minutes.

Nutrition Information:

4 Servings

275 calories

4 g fat

37 g carbohydrate

23 g protein

Recipe modified from:

<http://www.mccormick.com/Spices-and-Flavors/Recipe-Mixes/Chili/Chili-Seasoning-Mix-Original>