



UNITED
WE FEED



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A Healthy Community Collaborative

Prep Time: 10 min

Cooking Time: 20 min

Total Time: 30 min

Kcal Per Serving: 194 kcal

Servings: 6



Ingredient List:

1 tbsp Vegetable Oil

2 Cloves Garlic, diced

½ cup Diced Red Onion

1 Package (12oz) Mexican Flavored Vegetarian Ground Round

1 cup Diced Green Bell Pepper

2 Cans (19oz each) Diced Tomatoes

1 Can (19oz) Red Kidney Beans, drained and rinsed

1 cup Grated Carrots

1 tbsp Dried Parsley

1 tsp Hot Pepper Sauce

Freshly Ground Black Pepper

½ cup Shredded Cheddar Cheese

Vegetarian Chili

- In a large skillet, heat oil over medium heat.
- Sauté garlic and red onion until softened (about 5 minutes)
- Add ground round, breaking it apart with a wooden spoon to prevent clumps; sauté for 2 to 3 minutes or until evenly heated.
- Add green pepper sauté for 2 to 3 minutes.
- Add tomatoes, beans, carrots, parsley, hot pepper sauce and black pepper to taste.
- Cook, stirring occasionally, for 10 minutes or until beans are heated through.
- Ladle into serving bowls and sprinkle with shredded cheese.

Nutrition Information: (Per Serving)

194 kcal	Calories
6.4 g	Fat
587 mg	Sodium
20.3 g	Carbohydrate
6.8 g	Fiber
14.6 g	Protein
156 mg	Calcium
4.1 mg	Iron

Tip:

If you cannot find Mexican-flavored vegetarian ground round, use regular vegetarian ground round and add 2 tbsp chili powder.

Variation:

Substitute a 12oz can of peaches-and-cream corn, drained for the carrots.