



## The Best Meatless Chili:

*Options: Instead of Smart Ground, look for other soy based meat alternatives. Top chili with low-fat or fat-free sour cream or reduced-fat cheddar cheese for additional flavors.*

### Ingredients:

- 1-12 oz package *Smart Ground* Meat Alternative
- 1 Can (15 oz) Stewed Tomatoes, no added salt
- 1 Large Onion, chopped
- 1 Large Green Pepper, chopped
- 1 Clove Garlic, minced
- 2 Large Carrots, sliced
- 1 tsp Beef Bouillon Granules dissolved in 1 C boiling water, optional
- 2 Chili Peppers, optional
- 2 Tbs Chili Powder
- 2 Tbs Black Pepper
- 1 Tbs Crushed Red Pepper, optional
- 1 Can (16 oz) Red Kidney Beans, drained
- 1 Can (16 oz) White Beans, drained
- 1 can (6 oz) Tomato Paste, optional
- ½ Cup Wheat Germ
- ¼ Cup Red Wine (or ½ Cup Beer)
- 1 t Cumin
- 1 t Basil
- ½ T Olive Oil

### Directions:

Bring 1 Cup water to boil, add Beef Bouillon Granules. Stir to dissolve. Set aside.

In large skillet, coated with Olive Oil **or** non-fat cooking spray, sauté onions, green peppers, carrots and garlic. Add Smart Ground, 1 Tbs chili powder, and 1 Tbs black pepper to skillet.

Sauté for an additional 3-5 minutes. In a large pot (**or** crock-pot), combine remaining ingredients. Add sautéed Smart Ground & vegetables. Cover and let simmer for approximately 30-45 minutes. Add appropriate seasonings as desired. If using dried beans, first sort & wash. Cover with water approximately 2 inches above beans. Bring water to a boil & cook for 2 minutes. Cover, let stand for 1 hour. Drain beans in colander before adding to other ingredients. **Serves 6.**

### Nutrition Facts (Per 1.5 cup Serving):

Calories	400	Saturated Fat	1 gm	Carbohydrate	59 gm
Fat	8 gm	Sodium	475 mg	Fiber	20 gm

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