

'Meaty' Vegan un-Chili

Serves 6

3T olive oil
1 large (1 cup) onion, minced
4 cloves garlic, minced or pressed
1 large (2 cups) sweet potato, diced
2t ground cinnamon
2t ground cumin
2t ground oregano
1 28oz can diced tomato, no salt added
1 16oz can kidney beans, rinsed and drained
1 12oz package vegetarian ground 'meat' or crumbles
1t dry cilantro (optional)
salt and black pepper to taste
0% plain Greek yogurt, shredded cheese and green onion for garnishing.

In a large heavy bottom stew pot, heat oil and sauté onions and garlic until golden. Add sweet potato and continue to sauté for 5 minutes over medium heat. Add the spices and saute an additional 1 minute. Add diced tomato plus one full can of water. Bring to a simmer, cook 10 minutes then add beans and crumbled 'meat'. Simmer 15 to 20 minutes more, season to taste and serve with desired garnishes. Makes 6 hardy dinner servings.

Served with dairy free garnishes this recipe is:
Vegan, Kosher-Pareve, Milk Allergy Safe and Capsicum Free

To make it gluten free use gluten free vegetarian crumbles or cooked lean ground beef or turkey.



Nutrition Per serving: Calories 312, Protein 19g, Fat 7g, Fiber 12g, Sodium 215mg Calcium 15%dv, Vit A 294%dv, Vit C 40%dv.

%dv = percentage of daily value based on a 2000 calorie diet.