

Tex-Mex Chili



Prep:

5 minutes

Total:

25 minutes

Makes:

12 servings

Utensil:

Saladmaster Food Processor
5 Qt./4.7 L Roaster with Cover

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Recipe:

Contributed By:

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Recipe Description:

This thick and hearty low fat chili, which is ideal in the cold weather months, is a healthy meal your family will enjoy. It's always very satisfying and filling, and therefore makes a great comfort food; especially when served over warm grits!

1 tablespoon
jalapeño, shredded, use Cone #1
1 green bell pepper, diced
3 cups
diced tomatoes
1½ cups
cooked kidney beans
1½ cups
cooked pinto beans
1½ cups
corn
2 teaspoons
ground cumin
½ teaspoon
salt
½ teaspoon
ground black pepper
½ teaspoon
cinnamon

Directions:

1. In roaster, sauté onions, garlic and jalapeño over medium

- heat for 5 minutes. Add bell peppers and continue cooking for an additional 5 minutes.
2. Add all remaining ingredients, except soy crumbles, cover and cook over medium heat. When Vapo-Valve™ clicks, reduce heat to low and cook for 20 - 30 minutes.
 3. Add soy crumbles (if using) and cook for 5 minutes, until warmed through.
 4. Serve plain, or on top of brown rice or grits.

Nutritional Information per

▼ Serving

Calories: 118
Total Fat: 1g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 501mg
Total 20g
Carbs:
Dietary Fiber: 6g
Sugar: 4g
Protein: 9g