

HEARTY VEGETARIAN CHILI

Preparation: 5 minutes | Cooking: 25 minutes | Servings: 9

INGREDIENTS

2 cans chili beans, undrained
2 cans diced tomatoes, no salt added
2 garlic cloves, minced
1 medium avocado, peeled and chopped
1 medium onion, chopped
12 ounces vegetarian meat crumbles*
1 3/4 cups baby portobello mushrooms, chopped
1/2 cup sun dried tomatoes, chopped, not packaged in oil
1/2 cup water

1/2 cup vegetable broth
2 tablespoons olive oil
4 1/2 teaspoons chili powder
2 teaspoons brown sugar
1/2 teaspoon celery salt
1/2 teaspoon ground cumin

**You can replace vegetarian meat with ground beef or shredded chicken. Cook before mixing into chili.*



INSTRUCTIONS

In a Dutch oven, sauté mushrooms, onion and sun-dried tomatoes in oil until tender. Add garlic to cook for 1 more minute before adding meat crumbles and heating through. Stir in chili beans, tomatoes, water, broth, chili powder, brown sugar, celery salt and cumin. Bring to a boil and then reduce to a simmer. Simmer uncovered for 10 minutes. Serve in bowls.