

Heart Healthier 1-Post Meals
One Pot Faux Beef, Bean & Tomato Chili

This dish contains antioxidant packed tomatoes & peppers, fiber filled beans and is low fat and appropriate for a low sodium diet!

Yield: Serves Ten 1 cup servings

Ingredients:

- ♥ 1 teaspoon olive oil
- ♥ 1 onion, diced (1 cup)
- ♥ 1 red bell pepper, diced (1 cup)
- ♥ 2 cloves of garlic, finely chopped
- ♥ 1 medium jalapeno chile, seeded, finely chopped OR 1 chile in adobo sauce seeded
- ♥ 2 teaspoons of ground cumin
- ♥ One 28 oz can or two 14.5 oz cans of diced tomatoes (no salt added) with juice
- ♥ 1 cup frozen sweet corn (no added salt or sugar)
- ♥ 2 cups water
- ♥ 1 teaspoon dried oregano leaves
- ♥ 1 tablespoon chili powder
- ♥ One 15 oz can kidney beans drained
- ♥ One 15 oz can black beans drained
- ♥ Half of 15 oz can pinto beans drained
- ♥ 12 ounces Morningstar Farms® Grillers Recipe Crumbles (equal to 1lb uncooked ground meat)

*all beans should be
no salt added, e.g.
WholeFoods 365 brand*

Garnish:

- ♥ 6 ounces reduced-fat cheddar cheese (2 tablespoons for each cup of chili)
- ♥ 12 ounces fat free sour cream (2 tablespoons for each cup of chili)
- ♥ 2 tablespoons fresh chopped cilantro

Preparation:

1. Heat oil (medium heat) in large 4-5 quart pot, e.g. Dutch oven.
2. Add diced onions & bell peppers and cook until onions are translucent.
3. Add jalapeno chilies and garlic & cook 2-3 minutes stirring occasionally.
4. Add cumin powder & stir for 1 minute. Stir in canned tomatoes, corn, water, oregano, and chili powder.
5. Add beans & recipe crumbles, increase heat to boiling and stir for 1 minute.
6. Reduce heat to low, partially cover and stir from time to time for 30 minutes.
7. Sprinkle individual servings with cheese, sour cream and dash of cilantro.

Nutrition Analysis (per serving)			Nutrition Analysis with sour cream & cheese		
♥ Calories: 226	♥ 3g Total Fat	♥ 0g Saturated Fat	♥ Calories: 289	♥ 5g Total Fat	♥ 2g Saturated Fat
♥ 0g trans fat	♥ 0 mg Cholesterol	♥ 163 mg Sodium	♥ 0g trans fat	♥ 10 mg Cholesterol	♥ 272 mg Sodium
♥ 12g Fiber	♥ 37g carbohydrates	♥ 17g protein	♥ 12g Fiber	♥ 43g carbohydrates	♥ 21g protein
♥ 5g sugar	RD A Vitamin C 51%, Iron 30%		♥ 8g sugar	RD A Vitamin C 51%, Iron 30%	

Dietary Exchanges (for both): 2½ starches, 2½ lean proteins, 1 fat, 1 vegetable

Traditional Beef Chili	Heart Healthier Faux Beef Chili
▲Fat, Calories & Sodium	▼Fat, Calories & Sodium
Calories 400	Calories 226 ▼44%
Fat 16 grams	Fat 3 grams ▼81%
Saturated Fat 4 grams	Saturated Fat 0 gram ▼100%
Cholesterol 57 grams	Cholesterol 0 milligram ▼100%
Sodium 880 milligrams	Sodium 163 milligrams ▼81%
Fiber 6 grams	Fiber 6 grams ▲50%

How Do Traditional Beef Chili Compare to Heart Healthy Faux Beef Chili?

