



Chili (in the zone)

Serves 4

- 4 cups Soy Crumbles
- 1 large onion
- 2 cloves garlic
- 2 teaspoons olive oil
- 2 tablespoon chili powder (Santa Fe School of cooking chimayo style chili powder is fabulous)
- ½ teaspoon basil
- ½ teaspoon oregano
- ½ teaspoon cumin
- 2 cups finely chopped zucchini
- 1 cup finely chopped carrot
- 2 28 oz. can tomatoes chopped
- 2 cups cooked kidney beans (save 1/2 cup water from beans) (If using canned beans do not drain)
- Chopped onions, tomatoes, lettuce, or green peppers for garnish
- 4 ounces low fat jack cheese for garnish
- Herbamere or salt
- ¼ dry white wine or dry vermouth (optional)

In a large pot, saute' onion and garlic in olive oil until soft. Add Soy Crumbles and crumble into pot. Mix in chili powder, basil, oregano, and cumin. Stir in zucchini and carrots until well blended. If mixture seems dry add wine. Cook for about 1 minute over low heat, stirring occasionally. Stir in chopped tomatoes, undrained kidney beans, and drained kidney beans. Bring to a boil. Reduce heat and simmer for 30-45 minutes or until thick. Add herbamere or salt. Adjust seasonings. Top with chopped onions, tomatoes, lettuce and green peppers and cheese.

Per serving: 27 grams protein, 1.5 grams fat, 38 grams carbohydrate