

Vegetarian Chili with Mini Corn Bread Muffins

Servings: 7

Ingredients:

- 1 (12 oz.) package *Boca Crumbles* (any vegetarian burger substitute)
- 1 large *onion*, diced
- 3 cloves *garlic*, crushed
- $\frac{1}{2}$ bag (7 oz.; frozen) *bell pepper strips*
- 1 can (4 oz.) *green chilies*
- 1 Tbl. *canola oil*
- 1 (15 oz.) can *red kidney beans*
- 1 (15 oz.) can *black beans*
- $\frac{1}{2}$ tsp. *chili powder*
- $\frac{1}{4}$ tsp. *ground sage*
- $\frac{1}{4}$ tsp. *cinnamon*
- 16 oz. *frozen corn*
- $\frac{1}{2}$ c. *chopped cilantro*

Directions:

1. Put everything *except the Boca Crumbles and sour cream* in a slow cooker, cover and cook on LOW 5- to 6-hours.
2. Add the Boca Crumbles at hour 5 or 6 and cook one more hour.

Optional add-ons:

- Light sour cream (not included in Nutrition data)
- Mini corn bread muffins
[I use the *corn bread recipe* on the Albers Yellow Corn Meal box, but use mini muffin tins and cook for just 10- to 12-minutes. Makes 24 mini muffins.]

Nutrition:

 (Serving size: $1\frac{1}{2}$ c. vegetarian chili)

calories: 235 protein: 20.4g total carbohydrate: 40.5g total fat: 3.1g
sugars: 5.5g sodium: 633mg dietary fiber: 10.2g saturated fat: 0.2g

Nutrition:

 (Serving size: 1 mini corn bread muffin)

calories: 85 protein: 1.5g total carbohydrate: 11.6g total fat: 3.5g
sugars: 2.7g sodium: 154mg dietary fiber: 0.2g saturated fat: 0.4g