

VEGETARIAN PROTEIN

Recent studies have shown that in order to reduce heart disease, we need to begin eating a plant-based diet. Animal protein contains a lot of cholesterol and saturated fat. A healthy alternative to ground red meat is a product called textured vegetable protein (TVP).

It is made from soybeans, contains no cholesterol and is high in protein. You can find it in the frozen section of your grocery store. One such product is Morningstar Farms Grillers Veggie Recipe Crumbles. You can use it in any recipe where you would normally use ground beef. You can make a meatless spaghetti sauce, vegetarian tacos, vegetarian chili and even veggie sloppy joes. It is already precooked so all you have to do is add it into your sauce and heat it up.

Textured vegetable protein has no cholesterol and only 2.5 grams of fat in 2/3 cup compared to 12.4 grams of fat in ground beef. Try going meatless once in a while. I think you'll enjoy the Chili Sin Carne!

CHILI SIN CARNE

Vegetable cooking spray
2/3 package (12-ounce size) frozen pre-browned vegetable protein crumbles
1 ½ cups chopped onion
1 cup chopped bell pepper
2 cloves garlic, minced
1-2 tsp. chili powder
2 tsp. ground cumin
1 tsp. dried oregano leaves
¼ tsp. ground cloves
2 14 1/2-ounce cans diced tomatoes
6-ounce can tomato paste
¼ cup water
1 Tbsp. packed brown sugar
2-3 tsp. unsweetened cocoa
15-ounce can kidney beans, rinsed and drained
Salt and pepper to taste

Spray large saucepan with cooking spray. Over medium heat, sauté vegetable crumbles, onion, bell pepper and garlic for 5-8 minutes. Add chili powder, cumin, oregano and cloves and cook 1-2 minutes. Add tomatoes, paste, water, brown sugar and cocoa. Heat to boiling, reduce heat and simmer, covered, for 1 hour. Stir in beans, salt and pepper.

*Can top with reduced fat cheddar cheese, sour-cream or green onion slices.