

## **Yummy Meatless Chili (makes 12 servings)**

3/4 cup onions, chopped  
1/2 Tbsp canola oil  
2, 15 oz cans red kidney beans, drained  
1/8 tsp cayenne pepper  
2 Tbsp all purpose flour  
3/4 cup tomato paste  
2 cups water  
1/2 tsp ground cumin  
2 Tbsp chili powder  
2 tsp garlic powder  
1 tsp salt (optional)  
1/4 tsp black pepper  
8 oz vegetarian protein crumbles, frozen

Sauté chopped onion in oil in a large skillet over medium high heat. Add all other ingredients, except protein crumbles. Bring chili to a boil. Cover with a lid, reduce heat and simmer, 45-60 minutes. Add protein crumbles in last 10 minutes of cooking. Serve hot.

Chili Nutrition per 3/4 cup serving; 145 cal; 12 g protein; 24 g carbohydrates; 1 g total fat;  
Meal Suggestion: This hearty entrée needs only fresh, sliced cucumbers, fresh baguette bread, and fresh grapes to make it a family meal.