

RECIPE IDEA:

# Vegetarian Chili

## INGREDIENTS

- 4, 4oz Jensen® Plant-Based Patties, thawed
- 2 Tbsp Vegetable Oil
- 1/2 C Onion, diced
- 2 Garlic Cloves, minced
- 1, 15 oz can Black Beans, rinsed and drained
- 1, 15 oz can Kidney beans, rinsed and drained
- 1, 14.5 oz can Diced Tomatoes
- 1, 15 oz can Tomato Sauce
- 1, 6 oz can Tomato Paste
- 1 Tbsp Chili Powder
- 1 tsp Oregano, dried



 Serves 6

 Allergens: Soy

## DIRECTIONS

1. Heat oil in a Dutch oven or soup pot.
2. Add onion and garlic and saute until softened, about 5 minutes.
3. Add plant based patties and and break up into small pieces with wooden spoon. Cook until the patties are browned.
4. Add beans, diced tomatoes, tomato sauce, tomato paste, chili powder and oregano. Stir together and bring to a boil. Reduce heat and simmer, uncovered, for 10 minutes.
5. Spoon into serving bowls and enjoy. Consider topping with shredded cheddar cheese.

Feel free to use any combination of beans you like.

<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>1 Bowl (400g)</b>
<b>Amount Per Serving</b>	<b>420</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 15g	<b>19%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 990mg	<b>43%</b>
<b>Total Carbohydrate</b> 45g	<b>16%</b>
Dietary Fiber 11g	<b>39%</b>
Total Sugars 9g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 25g	<b>50%</b>
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	