Recipe created by Digestive Disease Institute registered dietitians.

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Benefits of limiting the red meat in your diet:

- The American Institute of Cancer Research recommends limiting red meat to no more than 18 ounces per week. Red meat consumption above this level may increase colon cancer risk.

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- You cannot tell the difference. Used in a flavorful dish, such as this chili recipe, without the guilt. Often when substitutes are used in a flavorful dish, such as this chili recipe, you cannot tell the difference. Using a meat substitute, such as soy, can help.

- Benefits of providing heart fiber and may also be rich in fiber.

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Meatless Chili

Makes 4 servings

2 tablespoons olive oil
1 medium onion, chopped
1/3 cup chopped green bell pepper
2 tablespoons chili powder
1 teaspoon ground cumin
1 14½-ounce can Mexican recipe stewed tomatoes with juices
8 ounces frozen veggie (soy) crumbles, thawed
1 cup canned red kidney beans, drained and rinsed
1/4 cup water
1/2 cup 2% shredded Cheddar cheese
4 Tbsp low-fat sour cream
salt and pepper to taste

1. Heat oil in heavy large skillet over medium-high heat. Add soy crumbles, onion and peppers. Sauté until vegetables are tender and soy crumbles are lightly browned (about 5 minutes). Add chili powder and cumin; stir 1 minute.

2. Add in tomatoes with juice, kidney beans and 1/4 cup water. Cook until slightly thickened, breaking up any large tomato pieces and stirring occasionally, about 5 minutes. Season to taste with salt and pepper. Divide chili between 4 bowls; top with cheese and a dollop of sour cream and serve.

NUTRITIONAL INFORMATION (PER SERVING):

Calories: 306
Total fat: 14g
Saturated Fat: 3.7g
Fiber: 9g
Sugar: 8.7g
Protein: 19.3g
Sodium: 748mg
Calcium: 286.7mg
Magnesium: 35.9mg
Potassium: 461.2mg