

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.

Using a meat substitute, such as soy, can help you to enjoy some of your favorite recipes without the guilt. Often when substitutes are used in a flavorful dish, such as this chili recipe, you cannot tell the difference.

Soy also is rich in fiber and may provide heart benefits.



For more information, visit
clevelandclinic.org/nutrition

Recipe created by Digestive Disease Institute registered dietitians.

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