

Zesty Vegetarian Chili

Ingredients:

1 tbsp. canola or vegetable oil
1 large red bell pepper, coarsely chopped
2 medium zucchinis or yellow squash or 1 of each cut into 1/2 inch chunks or 2 cups of a favorite vegetable
4 cloves garlic, minced
1 can (14.5 oz.) diced tomatoes, undrained
3/4 cup chunky salsa
2 tsp. chili powder
1 tsp. dried oregano
1 can (15.5 oz.) no-salt-added red kidney beans, drained
10 oz. extra firm tofu, well drained and cut into 1/2 inch cubes or another meat substitute
Chopped cilantro (optional)

Directions:

1. Heat oil in large saucepan over medium heat. Add bell pepper, cook and stir 4 minutes. Add zucchini and garlic; cook and stir 3 minutes.
2. Stir in tomatoes with juice, salsa, chili powder and oregano. Bring to a boil over high heat and then simmer uncovered 15 minutes or until vegetables are tender.
3. Stir beans into chili. Simmer 2 minutes or until heated through. Stir in tofu; remove from heat. Ladle into shallow bowls; garnish with chopped cilantro, if desired.

Per serving: 231 calories, 8 g fat, 15 g protein, 28 g carbohydrate, 8 g fiber, 432 mg sodium.
Exchanges: 2 meat, 1 starch, 2 vegetables

Source: Diabetic Cooking January/February 2010