

Veggie Chili

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Yield: 6 cups

*2 large zucchini, chopped
1 large yellow squash, chopped
1 large onion, chopped
2 tablespoons olive oil
1/2 teaspoon salt
1 package (12 ounces) frozen
meatless ground crumbles
1 jar (25 ounce) Texas chili starter
with red bean and buck beer*

In a large Dutch oven over medium-high heat, saute' the zucchini, squash and onion for 3 to 4 minutes or until tender.

Add the salt and crumbles. Cook for 1 minute. Stir in the chili starter. Bring to a boil over medium-high heat. Reduce the heat to medium-low. Simmer, stirring occasionally, for 10 minutes.

Per Serving (excluding unknown items): 360 Calories; 28g Fat (65.6% calories from fat); 7g Protein; 26g Carbohydrate; 9g Dietary Fiber; 0mg Cholesterol; 1084mg Sodium. Exchanges: 4 1/2 Vegetable; 5 1/2 Fat.