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DIET CENTER

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VEGETARIAN CHILI

Advanced Lifestyle

Ingredients

4 medium zucchini, chopped
2 medium onions, chopped
1 medium green pepper, chopped
1 medium yellow pepper, chopped*
4 garlic cloves, minced
1/4 cup olive or canola oil
2 cans (28 oz. each) Italian stewed tomatoes, cut up
1 can (15 oz.) tomato sauce
1 can (15 oz.) pinto beans, rinsed and drained
1 can (15 oz.) black beans, rinsed and drained
1 jalapeno pepper, seeded and chopped
1/4 cup each minced fresh cilantro and parsley
2 TBS chili powder
1 TBS Splenda
1 TSP Morton's Lite salt
1 TSP ground cumin

Instructions

1. In a Dutch oven, sauté zucchini, onions, peppers and garlic in oil until tender.
2. Stir in the tomatoes, tomato sauce, beans, jalapeno and seasonings. Bring to a boil over medium heat. Reduce heat; cover and simmer for 30 minutes, stirring occasionally.

Portion-Per-Serving Information (Yields 8 servings):

1 serving = 2 cups = 1 P

*Note: Advanced and Final Lifestyle clients can substitute the yellow pepper for a sweet red pepper.