

Low Fat, High Fiber Vegetarian Chili

Ingredients:

- **3 Big Cans (28 oz) of 6 in 1 Brand Crushed Tomatoes**
- **2 small cans of Del Monte Diced (unseasoned tomatoes)**
- **3 large green peppers**
- **2 large onions**
- **1 large stalk of celery**
- **6 T. Chili Powder**
- **3 Cans Light Red Kidney Beans (drained and rinsed)**
- **Optional:**
- **1-2 lbs. ground sirloin or turkey, browned and rinsed**

Chop onions, celery, and green peppers. Sautee onions in cooking spray in large pot until they become transparent. Add chopped celery and green peppers. Add tomato products and kidney beans. Add Chili powder and cook entire thing for some time to bring out flavors. Add ground sirloin if desired.*

To serve:

Top with shredded cheddar and extra chili powder to taste. Corn bread muffins or garlic bread make a nice side.

To spice it up:

Add more chili powder and a dash of hot sauce.

_Healthy Version - Without the ground sirloin, this makes a fabulous Weight Watchers recipe as it is very high in fiber and is virtually fat free.

