

# 5 Star Vegetarian Chili

Yield: 16 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-5-star-chili-recipe>

## Ingredients:

- 1 package vegetarian protein crumbles
- 1 onion
- 1 can kidney beans
- 1 can pinto beans
- 28 ounces diced tomatoes
- 1 can tomato paste
- 2 cans rotel tomatoes or 1 jar salsa
- 1 can tomato sauce
- 2 tablespoons chili powder
- 1 teaspoon cumin
- 1/4 teaspoon cocoa powder
- 1/8 teaspoon canela
- 1 container sour cream optional-for topping
- 8 ounces shredded cheddar cheese optional-for topping

## Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 20 milligrams
4. Fat: 7 grams
5. Fiber: 2 grams
6. Protein: 7 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 180 milligrams
9. Sugar: 5 grams

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