

Southwestern Chili



Sirve:

10 servings

Pieza:

Saladmaster Food Processor
5 Qt./4.7 L Multi-Purpose Oil Core

Valora: ★★★★★☆

Contribuido por:

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Descripción de la Receta:

This meatless chili is a winner! Rich southwestern flavors come together to create this comfort filled meal that you and your family will enjoy! Just add all your ingredients to the Saladmaster MP5, and in 3 steps you'll have a meal ready in 30 minutes!

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1 cup
quinoa
28 oz
tomato sauce
28 oz
diced tomatoes, with juices
14 oz
black beans, drained
14 oz
kidney beans, drained
14 oz

navy beans, drained
1 onion, processed, use Cone #3
1 cup
corn, frozen or fresh
1 red bell pepper, diced
1 green bell pepper, diced
4 cups
vegetable stock
3 garlic cloves, shredded, use Cone #1
1 cup
jalapeños, drained
1 tbsp
cumin
1 tbsp
chili powder
2 bay leaves

Preparación :

1. Add all your ingredients into your MP5 and combine. Cover and heat to 300 F / 150 C.
2. When Vapo-Valve™ begins to click, turn heat down to 200 F / 95 C and cook for 30 minutes.
3. Serve and garnish with toppings of your choice. Serve with a side of corn chips, if desired.

Consejos:

- For a non-vegan chili, add your choice of meat by adding it to your MP5 first and then once cooked through, add the rest of your ingredients. Add cheese, sour cream as a garnish.

Información nutricional por ración

Calorías: 183
Grasa Total: 1g
Grasa 0g
Saturada:
Colesterol: 7mg
Sodio: 580mg
Carbohidratos: 27g
Fibra 14g
Dietética:
Azúcar: 2g
Proteína: 13g