



## Meat Substitutes

### TVP Chili & Cilantro Lime Cream

#### Recipe

**TVP Chili** Serves 6-8

- ♦ 1 cup Bob's Red Mill TVP (textured vegetable protein)
- ♦ 1 cup boiling water
- ♦ 2 tablespoons extra virgin olive oil
- ♦ 1 onion, diced
- ♦ 2 garlic cloves, minced
- ♦ 1 green bell pepper, diced
- ♦ 1 tablespoon ancho chili powder or to taste
- ♦ 1-2 tablespoons chili powder or to taste
- ♦ 1 tablespoons cumin
- ♦ ¼- ½ teaspoon cocoa powder
- ♦ 1 teaspoon honey
- ♦ 2 14 oz cans no salt added diced tomatoes with juice
- ♦ 1 can no salt added whole kernel corn, drained
- ♦ 2 tablespoons fire roasted diced green chilies
- ♦ 1 cup vegetables stock
- ♦ 1 bay leaf
- ♦ 2 cups cooked black beans
- ♦ 1 tablespoon tomato paste



#### **Cilantro Lime Cream**

Makes 1 cup

- ♦ 1 cup fat free sour cream
- ♦ 3 tablespoons cilantro, chopped
- ♦ ½ teaspoon lime zest
- ♦ 2- 3 tablespoons lime juice

#### **Directions**

1. Combine all ingredients, mix well. Season with salt and add more lime juice if needed.

#### **Directions**

1. In a medium bowl pour the boiling water of the TVP. Make Sure all the TVP is submerged in the water, set aside for 10 -15 minutes. Fluff with a fork.
2. In a large pot combine the oil, onions and garlic. Turn the heat on to medium and cook onions until they are browned. Add bell pepper and cook 1- 2 minutes. Add TVP and spices, mix well, and cook for 2-3 minutes.
3. Add tomatoes, corn, chilies, stock, and bay leaf. Simmer for 30 minutes. Add beans and tomato paste, simmer for 10 more minutes. Season with more spices.



#### **Nutrition (TVP Chili)**

Serving Size: **250 grams**

Calories **294**

Calories from fat **43**

Total Fat **4.8 grams (7%)**

Cholesterol **0 mg (0%)**

Sodium **350 mg (15%)**

Total Carbohydrate **45.7 grams (15%)**

Dietary Fiber **11.9 grams (48%)**

Sugars **8.0 grams**

Protein **18.6 grams**

225 grams ~ 1 cup

% based on Daily Value

\*based on a 2,000 calorie diet

#### **Nutritional Information**

##### **Vitamins**

Vitamin A : **34%**

Vitamin C : **51%**

Calcium : **15%**

Iron : **30%**

##### **Good Points**

**No** cholesterol

**Low** in fat

**High** in dietary fiber

**High** in potassium

**High** in vitamin A

**High** in vitamin B1

**High** in vitamin C

##### **Nutrition (Cilantro Lime Cream)**

Serving Size: **37 grams**

Calories **31**

Calories from fat **0**

Total Fat **0 grams (0%)**

Cholesterol **3 mg (1%)**

Sodium **99 mg (4%)**

Total Carbohydrate **5.3 grams (2%)**

Sugars **2.1 grams**

Protein **1.0 grams**

##### **Vitamins**

Vitamin A : **5%**

Vitamin C : **2%**

Calcium : **4%**

##### **Good Points**

**No** fat

**High** in calcium

**High** in vitamin A