

Selah V. Fitness - Recipes

Selah's Easy Vegan Chili

INGREDIENTS

1 onion
1 can organic black beans
1 can organic kidney beans
1 can organic garbanzo beans
2 cans organic fire roasted diced tomatoes
2 vegan veggie burgers
1/2 to 1 whole packet of taco seasoning (depending on how spicy you like it)
1 TBS Cumin
1/2 TBS Cinnamon
Salt and pepper to taste

DIRECTIONS

Spray a large pot with olive oil spray. Dice the onion then throw it in the pot, and let it soften for about 3 minutes. Drain the beans and rinse them, then toss them in the pot. Toss the tomatoes in. Soften the veggie burgers in the microwave for 1-2 minutes until you can easily crumble them, then crumble them into the pot. Add all of the seasonings. Let simmer for 10 minutes or until flavors really settle in. Add salt and pepper if you need it!