

CINDA'S CAMPFIRE CHILI

Program 231040

To watch this episode go to 3ABNKids.tv



YOU WILL NEED:

- 1 large onion, diced
- 2 tablespoons oil
- 1 1 lb 4 oz can Worthington/Loma Linda Vegetarian Burger or 2 cups any plant-based burger
- 2 16 oz cans chili beans in mild sauce
- 1 16 oz can pinto beans, drained (optional)
- 1 16 oz can Great Northern beans, drained (optional)
- 1 16 oz can navy beans, drained
- 1 16 oz can dark red kidney beans, drained
- 2 14.5 oz can diced tomatoes
- 1 28 oz can whole peeled tomatoes
- 1½ tablespoons chili powder
- salt to taste

DIRECTIONS:

- 1. Put oil and diced onions into a large cooking pot, and sauté until onions are clear.
- Add the plant-based burger and continue to sauté for a couple minutes to brown the burger. Add the chili powder and salt and stir until combined.
- 3. Add all the remaining ingredients. Simmer on low heat for about 20-30 minutes.

YIELDS:

18 - 1 cup servings

