

Italian Chili

Ingredients:

1 14.5 oz. can diced fire roasted tomatoes

½ cp tri-color pepper mix

1 cp Boca Crumbles -Or- 2 Boca burger patties, diced or torn into pieces

Cooked Pasta Shells (optional)

1 14.5 oz. can cannellini beans, rinsed

½ cp shredded mozzarella cheese

Instructions:

Spray a medium sized pot with olive oil spray. Cook ½ cp peppers for about 5 minutes or until tender. Add entire cans of tomatoes and cannellini beans. Cook until heated through, about 3 minutes. Add Boca meat. If the chili is too thick for your preference, add up to ½ cp water. Bring to a boil, then reduce heat. (If using cooked pasta, add now.) Cover, and simmer for 10 minutes. Scoop into individual bowls, place approximately 2 Tablespoons cheese onto each serving. Enjoy!

Microwave Directions:

Thaw any frozen ingredients. Combine peppers, tomatoes, Boca meat and cannellini beans in a microwave safe bowl. If chili is too thick for your preference, add up to 1/2c of water. Heat until chili is warmed through, and vegetables are tender, about 5-7 minutes. Scoop into individual bowls and add about 2 T of cheese. Note: Cooking times depend on your microwave and the temperature of the ingredients that are being used. If chili cooks too quickly, try cooking at a lower power setting.

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