

# The Right Choice... for a Healthier You!™

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## Skip the meat...Eat Veggies!

A Healthy diet calls for moderation when it comes to Red Meat consumption. What should you replace the Red Meat with? Plant Based Proteins!

**What are plant based proteins?** Legumes/beans, nuts, seeds, and soy (soymilk, tofu)

**Why eat more plant based proteins?** Eating plant based proteins 2-3 times a week can help manage weight and can provide protection from heart disease, high blood pressure, diabetes, and some forms of cancer. By eating more plant based proteins you will also consume more phytochemicals, Vitamin C, fiber and antioxidants while reducing saturated fat and sodium intake.

Try this recipe as an easy way to eat plant based proteins in one of our traditional fall favorites... chili!

## Vegetarian Chili

### Ingredients:

- 1 tablespoon olive oil
- 1 cup chopped onions
- 3/4 cup chopped carrots
- 3 cloves garlic, minced
- 1 cup chopped green bell pepper
- 1 cup chopped red bell pepper
- 3/4 cup chopped celery
- 1 tablespoon chili powder
- 1 1/2 cups chopped fresh or canned (drained) mushrooms
- 1 (28 ounce) can low sodium diced tomatoes
- 1 (19 ounce) can kidney beans with liquid
- 1 (11 ounce) can whole kernel corn, undrained
- 1 tablespoon ground cumin
- 1 1/2 teaspoons dried oregano
- 1 1/2 teaspoons dried basil



Serving Size 1/8 of a recipe  
Servings Per Recipe 8

### Amount Per Serving

Calories 155  
Calories from Fat 27


### % Daily Value \*

Total Fat 3g	5 %
** Saturated Fat 0.4g	2 %
Cholesterol 0mg	0 %
Sodium 323mg	15 %
** Potassium 488mg	14 %
Total Carbohydrates 29.1g	9 %
Dietary Fiber 8.1g	32 %
Protein 6.8g	14 %
** Sugars 6.8g	
Vitamin A	90 %
Vitamin C	96 %
Calcium	11 %
Iron	35 %

### Directions:

Heat oil in a large saucepan over medium heat. Saute onions, carrots, and garlic until tender. Stir in green pepper, red pepper, celery, and chili powder. Cook until vegetables are tender, about 6 minutes. Stir in mushrooms, and cook 4 minutes. Stir in tomatoes, kidney beans, and corn. Season with cumin, oregano, and basil. Bring to a boil, and reduce heat to medium. Cover, and simmer for 20 minutes, stirring occasionally.

As part of the reduction of consumption of Red Meat, cut off the fat and eat smaller, leaner portions. Large pieces of thick, juicy steak, if consumed regularly, can lead to weight gain and higher cholesterol. Exactly how much and how often you can eat Red Meat depends on your risk level. For example - A middle-aged person with no history of heart disease can eat up to two portions of lean red meat per week. Portions should be limited to the size of a deck of cards, which is about 3 ounces when cooked.

Your Vending Professional endorses a healthier lifestyle! Guidelines have been established to support our goal of balanced nutrition. Look for the 

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