

# TOM'S FAVORITE CHILI

*A favorite from the kitchen of Julie & Tom Pickard*

- 1/4 cup vegetable broth
- 1 cup chopped onion yellow or white
- 2 cups meat-substitute to taste\*
- 2-3 minced cloves garlic
- 2-4 Tbsp taco seasoning to taste\*\*
- 1 Tbsp Hershey's cocoa powder
- 1 tsp crushed red chili pepper\*\*
- 2 cups chopped tri-pepper blend (yellow, red, & green)
- 2 -15 oz. cans of petite cut tomatoes with sweet onion & garlic (I use S&W brand)
- 2 Tbsp maple syrup or brown sugar
- 3 - 15 oz. cans of kidney or tri-bean blend (kidney, black, & pinto )



Sauté onions in vegetable broth in large sauce pan until clear. Add meat substitute and continue cooking for 5 minutes. Add remaining ingredients except beans and simmer for about 30 minutes. Then add beans and cooking on medium about 20 minutes, stirring occasionally.

Feel free to experiment! I've added 2 Tbsp. cocoa powder and a can of corn -- enjoyed that too!

\* You can increase the quantity of beans by 2 cups instead of using meat.

\*\* Tom likes spicy chili -- 4 tsp taco seasoning. I like less, so use only 2 Tbsp. You can always kick it up even more by increasing the red chili pepper flakes.

## **Taco Seasoning**

- |                        |                                   |
|------------------------|-----------------------------------|
| 1 Tbsp chili powder    | 1/4 tsp garlic powder             |
| 1/4 tsp onion powder   | 1/4 tsp crushed red pepper flakes |
| 1/4 tsp dried oregano  | 1/2 tsp paprika                   |
| 1 1/2 tsp ground cumin | 1/2 tsp cocoa powder              |
| 1 tsp sea salt         | 1 tsp black pepper                |

Mix all ingredients together and store in an airtight container.

Recipe from: <http://allrecipes.com/Recipe/taco-seasoning-i/Detail.aspx>.

ALERT: Lawry's/McCormack's Taco Seasoning packets contain whey, a byproduct of dairy!

[Back to Recipes](#)

# Recipe of the Month:

## Pumpkin Spice Muffins

*A favorite of Peggy Robinson*

Makes 10 to 12 muffins

2 cups whole wheat pastry flour

1/2 cup sugar

1 Tbsp. baking powder

1/2 tsp. baking soda

1/2 tsp. salt

1/2 tsp. cinnamon

1/4 tsp. nutmeg

1 15-ounce can solid-pack  
pumpkin OR 2 cups mashed yams or squash

1/2 cup water

1/2 cup raisins



Preheat the oven to 375°F. Mix the flour, sugar, baking powder, baking soda, salt, cinnamon, and nutmeg in a large bowl. Add the pumpkin, water, and raisins, and stir until just mixed.

Lightly oil-spray muffin cups and fill to the top. Bake 25 to 30 minutes, until the tops of the muffins bounce back when pressed lightly.

Let stand 1 to 2 minutes, before removing from the pan. When cool, store in an airtight container in the refrigerator.

**Per muffin:** 137 calories (0% from fat);  
3 g protein; 31 g carbohydrate; 0 g fat;  
128 mg sodium; 0 mg cholesterol

[Back to Recipes](#)