



Easy Vegetarian Chili*

1 can Loma Linda Vege-Burger

1 can (14.5 or 28 oz) chili beans or 1 each (14.5 oz) can chili beans and black beans

1 can (14.5 or 28 oz) stewed tomatoes or diced tomatoes with basil, garlic & oregano

1 (10.75 oz) can tomato soup (undiluted)

1 large onion, chopped fine

4 cloves garlic, finely chopped

1 tablespoon sugar

Other optional ingredients:

1 small can corn or Mexican blend

3 eggs or egg substitute

Instructions: In large pot add 3 tablespoons olive oil or enough to cover bottom of pan. Add chopped onion and sauté on low-medium heat until onions are almost clear. Using a fork to loosen the Vege-Burger, add it to the onions along with the beans, tomatoes, tomato soup and sugar. Mix well and simmer on low heat until heated through.

Scramble the eggs or egg substitute in a separate frying pan until well done. Chop them fine with a spatula and add them to the chili just before serving.

Serving suggestion: Add a tray of fresh mixed vegetables and your favorite cornbread with honey or molasses, or serve with tortilla chips and guacamole, OR crackers with hummus.

Submitted by Kathy R. of North Carolina