

Vegetarian Chili

MAKES 4-6 SERVINGS

Ingredients

- 2 tablespoons olive oil
- Veggies: 1 onion, 1 large carrot, 4 ribs of celery
- 4 cloves garlic (or 2 tsp pre-minced)
- 1 carton vegetable stock (900mL or 4 cups)
- 1 can (15 oz) of diced tomatoes (choose no salt added/low sodium)
- 2 cans of any beans (e.g., kidney, black, pinto; choose no salt added/low sodium)
- 1 can of corn (or 1 cup frozen)
- 1 packet chili seasoning (choose low sodium or no salt added)

Directions

1. Assemble all ingredients
2. Dice the carrots, celery, onion
3. Mince the garlic
4. Heat 2 tbsp oil in a large pot over medium heat.
5. Sauté your veggies until soft (~5-8min)
6. Add in garlic & spices, sauté until fragrant (~2 min)
7. Open the cans of tomatoes, beans, and corn
8. Pour the cans straight into the pot (including the liquids)
9. Add 1 carton veggie stock, then bring to a boil.
10. Simmer on low for 15 min - 1 hour
11. Add water as needed for a thinner consistency

Notes

Make the chili your own by adding:

- More seasonings (ex. hot sauce, fresh herbs)
- Fun toppings (ex. greek yogurt, low fat cheddar cheese)
- Heartier additions (ex. avocado, ground turkey, eggs)



Microwave Berry Crisp

READY IN 5 MINS

Ingredients

- 1 packet of flavored instant oatmeal
OR 1 tbsp brown sugar and ½ cup of quick cooking oats
- 1 tbsp of melted margarine
- ¾ cup of blueberries (fresh or frozen)
- ½ tsp of cornstarch

Directions

1. Melt the margarine in a microwave-safe bowl for 10 seconds*.
2. In a small bowl, use a fork to mix the oatmeal and melted margarine** until the ingredients resemble a crumble topping.
3. In a mug, add fresh or frozen blueberries and toss with cornstarch (optional).
4. Use a spoon to evenly sprinkle the crumble on top of the blueberries.
5. Place the mug in the microwave and heat for 30 seconds, or until the blueberries begin to bubble.
6. Let the crisp cool slightly before adding toppings.

Notes

*If the margarine has not completely melted, continue to microwave it in 10-second intervals on low heat to prevent it from splattering and burning.

**If using quick cooking oats, add brown sugar to taste

