

Ways to serve bean based recipes like chili

Procedure

- 1 Any chili like, bean based recipe can be served in the following manner:
- 2 With or on a bed of rice (brown rice has fiber!)
- 3 Tostada: chop tomatoes and lettuce; heat some no-fat refried beans. Spread a thin layer of refried beans on a tostada, put a nice quasi-thick layer of chili mix on top, then top with diced lettuce and tomato
- 4 As the filling for a chili boat (recipe below)
- 5 As the filling for a biscuit chili cup (recipe below)
- 6 Wrapped in a flour tortilla as a burrito filling-can add lettuce and diced fresh tomato, too
- 7 Wet burrito-Filling wrapped in a flour tortilla and smothered with green enchilada sauce and baked until sauce is warm and tortilla is softened
- 8 Wrapped in corn tortilla as a soft taco filling. Can add diced tomatoes and lettuce for additional flare.
- 9 Wrapped in corn tortilla as an enchilada. Smother with red enchilada sauce and bake until sauce is warm and tortilla is softened
- 10 On top of a cornbread waffle (recipe below)
- 11 On a baked potato or for a lower glycemic option on a sweet potato.
- 12 Under a blanket of cornbread topping. Just spread cornbread batter on top of 1" of chili and bake per cornbread instructions. Or bake cornbread and serve on a bed of cornbread.
- 13 As a southwestern Shepherd's pie by placing chili mixture in a baking dish and then spreading mashed sweet potatoes on top before serving (3 sweet potatoes cooked and mashed)
- 14 Stuffed Pepper: Cut bell peppers into boats and clean out insides. Place peppers in an oven proof dish and spoon mixture into peppers. Cover and bake 20 minutes at 375 degrees F or until peppers are tender.
- 15 Chili Mac: Serve on a bed of elbow or similar noodles for Chili Mac.
- 16 Frito Pie: Serve over a bed of Fritos for Frito Pie.
- 17 Chili Casserole: Grease a casserole pan. Place a layer of corn tortillas or tortilla chips, layer the chili, more tortillas/chips, black olives and green chilis if desired, ending with a layer of chili. Bake at 375 till heated through.
- 18 Chili Pizza: Use biscuit dough as the "crust" and top with chili, bake until crust is cooked and golden.
- 19 Pita: Fill a pita half with chili and grab a napkin!
- 20 Chili Lasagna: Make your favorite lasagna recipe with chili instead of meat/spaghetti sauce.

Recipe Tips

-

Chili boats 375 degrees 1 loaf French bread or 4 small sub sandwich rolls favorite recipe of chili Cut a top from the bread or rolls and reserve the top. Hollow out loaf/rolls reserving the crumbs (leave ½" of bread on bottom and sides). Mix ½ c of the bread crumbs with the chili and fill the boats with the chili mix and replace tops. Wrap in foil and heat on a cookie sheet for 20-30 minutes until chili is warm. If using a loaf, cut into sub size portions and serve.

-

Chili biscuit cups 450 degrees
Make favorite batch of chili. Make double batch of Bisquick biscuits. Spray muffin tins (each person eats 2-3). Flour your fingers. Take a walnut shell size of dough and cover with flour by rotating it on your fingers and then pat flat in your fingers. Line muffin tin all the way to the top with the dough. Fill biscuit cup to the top with chili. Bake for 10 minutes until biscuit cups are brown.

-

Cornbread Waffles
1 c all-purpose flour 2c yellow cornmeal 1T baking powder 2c non-dairy milk ½ c applesauce
1 tsp sugar 1 tsp salt 3 T vegetable oil (optional)
Combine dry ingredients then add remaining ingredients. Make waffles. Serve with chili on top.

3 One Healthy Recipe