

## VEGAN CHILI

3.0g-56.9g for 8 ounces

4 cans of Hunt's tomato sauce

1 can of Goya Premium Pinto Beans

1 Vidalia onion cubed

One package of Boca meatless ground crumbles

2 T of chili powder

1 T of black pepper

0.5 tsp cinnamon

0.5 tsp nutmeg

In a non stick pan sautee the Boca Crumbles and the diced onion until onion is soft.

Combine all ingredients in a slow cooker and cook on high for 3 hours, then switch to low until ready to eat.

Makes 10 - 1 cup servings