

White Bean Chili

Ingredients

2 tablespoons olive oil
1 package vegetarian sausage
1 medium onion, finely chopped
3 cloves garlic, minced
1 cup fresh mushrooms, sliced
1 Tablespoon chopped fresh oregano
2 (15-ounce) cans white beans, drained and rinsed
1 (15-ounce) can plum tomatoes, chopped but do not drain
1/4 cup grated cheddar cheese or soy cheese

Method

Pour olive oil into a large skillet. While oil is still cold, add frozen vegetarian sausage. Cook 6 sausage patties over medium heat until browned on one side. Turn and brown other side. Remove from pan and place on paper towel. Dice into bite-size pieces and set aside. Add onion, garlic, mushrooms and oregano to the hot oil remaining in pan. Stir and cook for about 5 minutes or until tender. Add tomatoes, beans and prepared sausage. Simmer gently 10 minutes. Pour into soup bowls and sprinkle with cheddar or soy cheese. Yields 8 servings.

Note

Look for sausages in most grocery stores in the frozen food section near the waffles.