

Amaizing Chili Cheese Less Burger

Makes: 6 Servings

Ingredients

6 Vegetarian or Low Fat Turkey Patty
6 Whole grain or whole wheat bun
28 ounces Low sodium canned plum tomatoes, drained (reserve juice) and chopped
16 ounces Low sodium tomato juice or water
1 ounce Stone ground corn meal
6 ounces Yellow onion, peeled and chopped
6 ounces Green pepper, cored and diced
7 ounces Frozen corn kernels, thawed
3 tablespoons chopped garlic
1 teaspoon Ground cumin, coriander
1/2 teaspoon Allspice, cinnamon, black pepper
2 tablespoons chili powder
4 cups Low sodium black beans, canned, drained and rinsed
1 1/2 cups Shredded nonfat cheddar cheese
Pan spray

Directions

1. Heat large saucepot or stew pot over medium heat.
2. Add oil, onions, peppers, garlic, corn, herbs and spices and sauté 1 minute.
3. Cover pot and sweat for one minute.
4. Place tomato juice in large bowl and whisk in corn meal.
5. Add tomatoes to pot and stir in juice and corn meal mixture.
6. Add beans and stir gently.
7. Bring mixture to a simmer, turn heat down to low and cook for 15 - 20 minutes, stirring frequently.



8. When chili is almost done, heat broiler in oven. Broil burgers until done.
9. Place bottom half of toasted bun on a cookie sheet, place burger on top of bun.
10. Top with toasted bun, let cool slightly and serve.

Notes

Serving Size: 1 burger