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Ask Laura - The Green Kitchen Economist

By: LBruzas

09/23/09 12:28 PM 146 hits



My Crock Pot

Laura - I don't have time to cook!

Do you have 10 minutes? Then you can prepare a meal that tastes great and is kind to your body, the planet and the animals. Here's one of my out-of-the-kitchen-fast recipes that will leave you time to read a book, take a walk, organize a closet or write a letter as you won't be tethered to the kitchen.

LAURA'S IT'S CHILLY OUTSIDE CHILI

Active Time: 10 minutes

Total Time: 4 hours

Serves 6

INGREDIENTS

Non-stick cooking spray (I like Spectrum's High Heat Canola Spray Oil)

1 small sweet onion, finely chopped

2 medium poblano peppers, chopped

1/2 teaspoon garlic powder

1 can (15 oz) Eden Foods red kidney beans, rinsed*

1 can (15 oz) Eden Foods black beans, rinsed*

1 can (15 oz) Eden Foods Great Northern beans, rinsed*

1 cup Whole Foods 365 frozen sweet corn kernels

1 jar (16 oz) Frontera's Corn and Poblano Salsa

1 can (8 oz) tomato sauce

3/4 cup water

2 Tbsp Green & Black organic unsweetened cocoa powder

2 Tbsp salt-free chili powder

2 tsp ground cumin

1/3 cup chopped cilantro

Sour cream (choice of non-fat, low-fat, etc.)

Spray slow-cooker with non-stick cooking spray. Add all ingredients, except cilantro, to slow-cooker and stir. Cover and cook on low for 4 hours or until flavors are married. Stir in cilantro. Serve in bowl or mug. Top with sour cream.

Approximate Nutrition per Serving (without Sour Cream): Calories 285, Total Fat 2g, Cholesterol 0, Sodium 528mg, Total Carbohydrates 50g, Dietary Fiber 15g, Protein 14g

Note: My recipe is based on one found in Woman's Day called Marvelous Meatless Chili. Using the brands I recommend, I was able to reduce the sodium level by over 400 mg per serving!

* I only use Eden Organic Beans because they are packed in steel cans coated with a baked on oleoresinous c-enamel lining that does not contain bisphenol-A (BPA), the chemical that leaches from plastics and cans according to the U.S. Food and Drug Administration. Studies have linked BPA exposure to obesity, heart disease and cancer. These BPA-free cans cost Eden \$300,000 more a year to produce. To my knowledge, Eden is the only U.S. company that uses this custom made BPA-free can.

Lastly, whether eating in or dining out, it's good to know that you have choices when it comes to healthy dining. I love to recommend places that: use high-quality ingredients (wholesome whole grains; healthy fats and oils; real maple syrup; seasonal, local organic produce); provide nutritional information; serve organic, fair-trade items; offer eco-friendly leftover/takeout containers; and feature lots of heart-healthy, veg-friendly menu options. To capture my Guide to Dining Out, e-mail Laura@HealthyDining.org.

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