

(Continued from page 6)

Healthy Vegetarian Chili

"One really cold day I wanted chili but didn't have any ground beef or turkey. So I used what I had on hand and came up with this recipe. My husband and daughter loved it." —*Sue Bond, Mount Airy, NC*

- 2 tablespoons canola or olive oil
- 1 medium onion, chopped
- 1 medium celery stalk, sliced
- 1 medium carrot, chopped
- 2 garlic cloves, minced
- 2 cups whole kernel corn
- 3 (15-ounce) cans black beans, rinsed and drained
- 1 (15-ounce) can kidney beans, rinsed and drained
- 2 (14-ounce) cans diced tomatoes, undrained
- 1 (10-ounce) can diced tomatoes with green chilies, undrained
- 1 cup medium salsa
- 1/2 cup ketchup
- 1 (14-ounce) can reduced-sodium vegetable broth
- 1 tablespoon Worcestershire sauce
- 1 (1-ounce) package chili seasoning
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon paprika

1. Heat oil in a stockpot over medium heat. Add onion, celery, carrot and garlic; cook until onion is translucent, about 4 minutes, stirring frequently. Increase heat to high; add remaining ingredients.

2. Bring to a boil; reduce heat, and simmer, uncovered, stirring frequently, until vegetables are tender and flavors are blended, about 40 minutes. Serves 14.

Tips From Our Test Kitchen: Tip chili with sour cream, shredded Cheddar cheese or tortilla chips, if desired. Flavors improve if the chili is refrigerated overnight. It also freezes well.

Nutritional facts per serving: 160 calories, 3g fat, 7g protein, 27 carbohydrates, 7g fiber, 60mg sodium.



Healthy Vegetarian Chili

Fudge Cappuccino Orange Torte

Grand-Prize Winner in American Profile's Get-Together Recipe Contest

"I have always loved the combination of rich chocolate and orange. I made this torte on my birthday and everyone loved it. I also served it for a women's gift luncheon at my church and everyone raved about it! Serve this rich desert in very thin wedges." —*Melinda Gauer, Spine, Miss*

- Base:**
- 1/2 cup hot water
 - 1 teaspoon instant coffee granules
 - 1 (18-ounce) package fudge brownie mix
 - 1/2 cup (1 stick) butter, softened
 - 1/2 cup vegetable oil
 - 1 to 2 teaspoons grated orange rind
 - 1/2 cup orange juice
- Filling:**
- 1 cup sweetened condensed milk
 - 6 ounces sweet dark or semisweet baking chocolate, finely chopped
 - 2 egg yolks, lightly beaten
 - 2 tablespoons orange juice
 - 1 cup pecan pieces, toasted, if desired, and finely chopped

- Topping:**
- 1/2 cups heavy cream
 - 1/2 cup confectioners' sugar
 - 1/2 cup cocoa powder
 - 2 to 3 teaspoons grated orange rind
 - 2 tablespoons orange juice
 - teaspoon salt
 - Orange slices, optional
 - Mint leaves, optional
 - Raspberries or strawberries, optional
 - Shaved chocolate, optional
1. Preheat oven to 350°. Grease bottom only of a 9- or 10-inch springform pan.
 2. To prepare base, combine hot water and coffee granules in a small bowl; set aside to cool.
 3. Combine brownie mix, butter, oil, orange rind and juice, eggs, and coffee mixture in a large bowl; beat 50 strokes with a spoon. Stir in chopped chocolate. Spread in prepared pan.
 4. Bake 35 to 45 minutes, until center is just set. Do not overbake. Cool completely on a wire rack.
 5. To prepare filling, combine sweetened condensed milk and chocolate in a medium saucepan. Cook over low heat, stirring occasionally, until chocolate is melted and mixture is smooth. Remove from heat.
 6. Place egg yolks in a small bowl and quickly stir in 2 tablespoons of hot chocolate mixture until well blended. Gradually stir yolk mixture into chocolate. Cook over medium heat 3 minutes, stirring constantly. Remove from heat; stir in orange juice and pecans. Refrigerate about 25 minutes, until cool. Spread cooled filling mixture over brownie base. Refrigerate at least 1 hour, until filling is set.
 7. To prepare topping, combine heavy cream, confectioners' sugar, cocoa, orange rind and juice, and salt in a large bowl. Beat until blended with a mixer at low speed. Increase speed to high and beat until stiff peaks form.
 8. To serve, run a knife around the sides of the



Fudge Cappuccino Orange Torte

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