

Vegetarian South Beach Diet

The South beach diet has been one of the most popular ways to lose weight for several years. Now there is a new surge in popularity among Vegetarians. The South beach diet is based on the intake of more Protein and less Carbohydrates, because of this, the diet has not been appealing to vegetarians. Vegetarians are now modifying the popular diet to fit their lifestyle. There are lots of great vegetarian recipes available that work perfectly with the South beach diet plan. During the first phase of this diet many dieters experience weight loss of 8 to 12 pounds. A great recipe to start with is the Chili recipe below. Ingredients

3/4 cup dried red kidney beans, soaked overnight

2 teaspoons olive oil

1/2 teaspoon whole cumin seeds

1/2 tablespoon chopped garlic

3/4 cup coarsely chopped onions

1/2 large sweet red pepper, seeded and diced

1/2 large green pepper, seeded and diced

3/4 tablespoons mild chili powder

1/2 teaspoon dried oregano

1 1/2 cups water

1 tablespoons tomato paste

1/4 to 1/2 teaspoon salt

1/4 cup chopped fresh cilantro
Instructions
Drain and rinse the beans. Set aside. In a large saucepan, warm the oil over medium-high heat. Add the cumin seeds and sizzle for 5 seconds. Add the garlic, onions, red peppers, green peppers, chili powder and oregano. Sauté over medium-high heat for 3 minutes, stirring frequently. Add the beans and water. Bring to a boil. Reduce the heat to low, cover and simmer for 30 minutes. Uncover and simmer for 30 to 45 minutes, or until the beans are tender. (Add more water if the mixture becomes too dry during cooking.) Stir in the tomato paste and salt. Cook for 2 minutes. Just before serving, stir in the cilantro.

About the Author

Benefits and Virtues of the Mediterranean diet. The Italian brand of the Mediterranean Diet is surrounded by as much myth as fact.

Source: <http://www.productsherbal.com>