

# Chili Dog Rolls

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Low Fat, Low in Saturated Fat, Low Cholesterol, Cholesterol-Free, Trans-fat Free, Good source of fiber, Low Sodium



**Prep** 25 min. **Cook** 35 min. **Ready In** 60 min.

103 calories/serving (approx.)  
Serving 70g, Fat 2.0g, Sat 0.0g  
Carb 19.0g, Fib 3.0g, Prot 4.0g  
Chol 0mg, Sodium 64mg  
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20 servings [suggest servings](#)

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## Ingredients

### Rolls

1 tablespoon [yeast, active dry](#) dry  
¼ cup [water](#) warm  
½ teaspoon [sugar](#) or honey  
1 cup [water](#) warm  
1 tablespoon [olive oil](#)  
4 cups [whole wheat flour](#) or all-purpose, or half whole wheat and half white flour

### Filling

7/8 cups [water](#) boiling  
1 cup [TVP \(Texturized Vegetable Protein\)](#) granules or flakes  
1 medium [onion](#) chopped

½ each [green bell pepper](#) chopped  
1 clove [garlic](#) minced  
1 cup [mushrooms](#) chopped  
2 teaspoons [olive oil](#)  
1 tablespoon [olive oil](#)  
1 teaspoon [cumin](#)  
2 teaspoons [chili powder](#)  
1 teaspoon [oregano](#)  
½ teaspoon [salt](#)  
1 large [tomato](#) or 8 ounces tomato sauce

## Directions

Dissolve the yeast in ¼ cup warm water and honey, and let stand a few minutes.

Add 1 cup of warm water and 1 tbs olive oil.

Stir in the flour.

Turn the dough out onto a work surface and knead for 5 minutes or more until smooth, adding more flour if needed.

Cover and let rise for an hour.

For the filling: Mix the boiling water and TVP.

Let it stand while you prepare the vegetables.

Heat a non-stick skillet and add 2 tsp olive oil.

Saute the onions, pepper and garlic a few minutes to soften, then remove to a bowl.

Heat the pan again and add 1 Tbsp olive oil.

Saute the reconstituted TVP a minute or two, sprinkling with the spices.

Cook a few minutes and add the tomato or tomato sauce.

Punch down the risen dough and divide into 2 balls.

Have 2 lightly oiled baking dishes ready.

On a lightly floured surface, roll a ball of dough out into a long oblong, about 5 inches wide.

Spread half the filling down the long side of the dough, leaving edges bare.

Roll dough over to seal filling in, pinching edges.

Cut each roll of dough into 10 pieces, placing slices on baking sheets, seam side down.

Let rise again for 20 minutes.

Heat oven to 375 degrees F, and bake for 20-25 minutes until lightly browned.

Cool on a rack.