

Slow Cooker Tempeh Chili

The Vegan Gym · Lunch · Dinner · GF · SF

480 cal · 35g protein · 52g carbs · 14g fat · 4 servings

Ingredients

- 2 packages tempeh crumbled (630g)
 - 1 large onion diced
 - 2 large carrots diced
 - 1 large bell pepper diced
 - 3 cloves garlic minced
 - 1 can kidney beans drained and rinsed
 - 1 can black beans drained and rinsed
 - 1 large can fire roasted diced tomatoes (793g)
 - 2 tbsp chili powder
 - 1 tsp garlic powder
 - 1 tsp cumin
 - 2 tsp chipotle powder
 - 1 tsp iodized salt
 - 1 tsp black pepper
 - fresh cilantro for garnish
 - sliced green onions for garnish
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Instructions

1. Crumble both packages of tempeh into small pieces.
 2. Add crumbled tempeh, diced onion, diced carrots, diced bell pepper, and minced garlic to the slow cooker.
 3. Add kidney beans, black beans, and fire-roasted diced tomatoes.
 4. Season with chili powder, garlic powder, cumin, chipotle powder, salt, and black pepper. Stir well.
 5. Cover and cook on LOW for 6-8 hours or HIGH for 3-4 hours.
 6. Stir and taste for seasoning before serving.
 7. Serve topped with fresh cilantro and sliced green onions.
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Generated by Meal Planner · Per serving macros