

Three-Bean Chili with TVP

Web Recipe · Dinner · GF

385 cal · 28g protein · 52g carbs · 6g fat · 8 servings

Ingredients

- 1 cup TVP textured vegetable protein
 - 1 cup hot vegetable broth
 - 1 can (15 oz) black beans drained
 - 1 can (15 oz) kidney beans drained
 - 1 can (15 oz) pinto beans drained
 - 1 can (28 oz) crushed tomatoes
 - 1 can (14 oz) diced tomatoes with green chiles
 - 1 large yellow onion diced
 - 1 green bell pepper diced
 - 1 red bell pepper diced
 - 4 cloves garlic minced
 - 2 tbsp chili powder
 - 1 tbsp cumin
 - 1 tsp smoked paprika
 - 1 tbsp olive oil
 - 1 tbsp lime juice
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Instructions

1. Rehydrate TVP by pouring hot vegetable broth over it. Let sit 10 minutes.
 2. Heat olive oil in a large pot over medium heat. Sauté onion, bell peppers, and garlic for 5-7 minutes.
 3. Add chili powder, cumin, smoked paprika, oregano, and cayenne. Stir 1 minute.
 4. Add crushed tomatoes, diced tomatoes with green chiles, all three types of beans, and rehydrated TVP.
 5. Bring to a boil, then reduce heat and simmer 30-40 minutes, stirring occasionally.
 6. Finish with lime juice. Season with salt and pepper.
 7. Serve with your choice of toppings. Freezes well for up to 3 months.
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