

TOFU CHILI



SERVES: 4 (1 cup each) **Prep Time: 10 min. Cooking Time: 39 min.**

CONTAINER EQUIVALENTS (per serving): ½ 1 ½ 1 1

VEGAN CONTAINER EQUIVALENTS (per serving): ½ 1 1 1

- 1 Tbsp.** olive oil
- 1 cup** chopped onion (approx. 1½ medium)
- 1 cup** chopped bell pepper (approx. 1½ medium)
- 4 cloves** garlic, finely chopped
- 1½ cups** extra-firm organic tofu, drained, crumbled
- 2 Tbsp.** chili powder
- 2 tsp.** ground cumin
- 2 tsp.** ground smoked paprika
- 1 tsp.** sea salt (or Himalayan salt)
- ½ tsp.** ground cayenne pepper
- ½ tsp.** ground black pepper
- ¼ tsp.** ground allspice
- 2 cups** all-natural tomato puree
- 1½ cups** canned black beans, drained, rinsed
- 1 cup** light beer, gluten-free
- 2 Tbsp.** Worcestershire sauce, vegan, gluten-free
- 2 tsp.** chopped fresh cilantro (for garnish; optional)

- 1.** Heat a large pot over medium heat; add oil and heat until fragrant.
- 2.** Add onion, bell pepper, and garlic and cook, stirring frequently, until onion is translucent, approximately 3 to 5 minutes.
- 3.** Add tofu, chili powder, cumin, paprika, salt, cayenne pepper, black pepper, and allspice. Turn heat to medium-high and cook until tofu is lightly browned and spices smell toasty, about 2 to 3 minutes.
- 4.** Add tomato puree, beans, beer, and Worcestershire sauce. Bring to a simmer and cook for 30 minutes, or until slightly reduced and thickened.
- 5.** Divide evenly among four serving bowls. Top each with ½ tsp. cilantro (if desired).
- 6.** Serve immediately, or store refrigerated in an airtight container for up to 5 days.

RECIPE NOTE:

This is a spicy recipe. To make it less spicy cut the cayenne pepper in half or leave it out.

NUTRITIONAL INFORMATION (per serving): **Calories: 298 Total Fat: 10 g Saturated Fat: 0.5 g Cholesterol: 0 mg Sodium: 268 mg Carbohydrates: 37 g Fiber: 10 g Sugars: 9 g Protein: 18 g**

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.