

Vegetarian Tofu Chili

Prep: 10 mins

Cook: 50 mins

Total: 60 mins

Servings: 8 servings

This vegetarian and vegan chili recipe packs twice the protein punch with both beans and tofu as well as plenty of flavor from chili powder, bell peppers, mushrooms, and a touch of sugar to give it that little extra bit of something. We also like to add a touch of paprika into a vegetarian chili if we have some on hand, and we know a few vegetarians who swear by the flavor-enhancing properties of liquid smoke—add a dash or two right in there, if you'd like.

Vegetarian chili is always a great idea to bring to a potluck since it's easy to whip up a large batch. Freeze up any leftovers you have in portioned out containers to take into the office for a leftover lunch.

Ingredients

- 3 tablespoons vegetable oil
- 1 (14-ounce) package firm, or extra-firm tofu, crumbled
- 1 medium onion, diced
- 1 medium green bell pepper, diced
- 3 cloves garlic, minced
- 1 cup sliced mushrooms
- 3 tablespoons chili powder
- Salt, to taste
- Freshly ground black pepper, to taste
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon ground cumin
- 1 (14-ounce) can tomato sauce
- 1 (28-ounce) can whole or diced tomatoes with liquid
- 1 (28-ounce) can kidney beans, drained
- 1 tablespoon sugar, optional

Steps to Make It

1. In a large pot, saute the tofu in the 3 tablespoons of vegetable oil over medium-high heat for about 3 minutes.
2. Add in the onion, green pepper, garlic, 1 cup of mushrooms, 3 tablespoons of chili powder, salt, pepper, 1/4 teaspoon of cayenne, and 1/2 teaspoon of cumin. Cook until the veggies are just barely tender, about 5 minutes.
3. Next, add in the tomato sauce, the whole or diced tomatoes, the kidney beans, and the optional 1 tablespoon of sugar. Bring to a slow simmer. Cover and allow to cook for at least 45 minutes. Enjoy!