

Tofu Chili

Ingredients

2 cups firm tofu, drained and crumbled
1 clove garlic, minced
1 tablespoon chili powder
1 tablespoon soy sauce
1 cup onion, chopped
1 large green pepper, chopped
1 carrot, thinly sliced
2 tablespoons olive oil
1 (15-ounce) can diced tomatoes, do not drain
1 (8-ounce) can tomato sauce
1 (15-ounce) can dark red kidney beans, rinsed and drained
1/2 teaspoon dried basil, crushed
1 teaspoon cumin
1/4 teaspoon cayenne pepper

Method

In a mixing bowl, combine tofu, garlic, chili powder and soy sauce and set aside. In a large skillet, fry onion, green pepper and carrot in oil until onion becomes transparent. Add tofu mixture and cook 3 minutes over medium heat. Add tomatoes, tomato sauce, kidney beans and spices. Cover and simmer for 30 minutes. Serve in shallow soup bowls and garnish with minced raw onion, grated cheddar cheese and diced avocado, if desired. Serves 8.

Note

Calories: 190, total fat: 7g, protein: 12g, Cholesterol: 0, dietary fiber: 8g
(nutritional breakdown by MasterCook Deluxe)