



Tofu Chili

This hearty tofu chili is a satisfying yet delicious way to include more plant-based protein in your diet this winter! This recipe includes two sources of plant-based protein from beans and tofu. These protein sources are high in fibre and lower in saturated fats compared to meats and will help keep you feeling full for longer. Mix in your favourite toppings to make this recipe completely yours!

Recipe makes 8 servings

Prep time: 15 minutes

Cook time: 45 minutes



INGREDIENTS

1 block extra firm tofu
2 tbsp olive oil
1 onion and 1 bell pepper, diced
1 jalapeno, seeds removed and finely chopped (optional)
2-3 cloves of garlic, finely chopped
2 cans no salt added beans, drained and rinsed (black beans, red kidney beans, etc.)
1 tbsp each of: chili powder, garlic powder, onion powder, cumin, oregano (plus extra for seasoning tofu)
1 tsp salt
½ tsp black pepper
1 can whole peeled tomatoes
1 carton no salt added broth (chicken or vegetable)
Toppings: shredded cheese, chopped green onions, low-fat greek yogurt, lime wedges, hot sauce, avocado

INSTRUCTIONS

1. Prepare the tofu according to our recipe for Tasty Tofu Tacos (<https://www.cravinghealth.ca/recipe/tasty-tofu-tacos?rq=tofu>). Set aside once prepared. Baking the tofu first gives a nice chewy texture and prevents the chili from getting too watery.

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2. In a large pot, sauté chopped onion, peppers and garlic in olive oil until soft, about 5 minutes. Add rinsed beans and stir to combine.
3. Add all seasonings and stir to combine.
4. Add canned tomatoes and broth. Slightly crush tomatoes with spoon.
5. Bring to boil and reduce heat to medium-low. Allow to boil for about 30 minutes until chili becomes thicker.
6. Once finished cooking, mix in the baked tofu.
7. Serve in bowls and top with your favourite toppings. Enjoy!

Tip

Store in freezer in individual portions for up to 3 months for a quick and easy meal.

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