

# OLD WEST CHILI

Prep time 20 minutes / Cook time: 60 minutes / Skill level: Easy / 6 servings

## INGREDIENTS

- 1 package extra firm tofu, crumbled
- 1 clove garlic, minced
- 1 Tbsp chili powder
- 2 Tbsps Worcestershire sauce
- 1 cup onion, chopped
- 1 large green pepper, chopped
- 1 large carrot
- 2 Tbsps Extra Virgin Olive Oil
- 2½ cups tomato sauce *(no added salt)*
- 2 tomatoes, chopped
- ½ cup tomato paste *(no added salt)*
- 2 19-ounce cans pinto beans or kidney beans *(thoroughly rinsed and drained)*
- ½ Tsp cumin
- ½ Tsp cayenne pepper

## EQUIPMENT NEEDED:

- Measuring cup
- Large spoon

Per Serving: | 325 calories | 10 g fat | 42 g carb | 20 g protein

## METHOD:

1. Mix crumbled tofu (or ground chicken), garlic, chili powder and Worcestershire sauce in a mixing bowl. Set aside.
2. In a large, deep pan, sauté onion, green pepper and carrot in oil until onion becomes translucent.
3. Add tofu (or chicken) mixture and sauté until heated.
4. Stir in tomato sauce, tomatoes, tomato paste, beans and spices. Cover and simmer for 60 minutes. Serve and enjoy.

**SUBSTITUTIONS:** ¾ lb. ground chicken for tofu



## QUICK TIP

Substitute chicken or protein of choice for tofu