



Tofu Chili Con Carne

- 1 Tbsp. canola oil
- 3 onions, chopped
- 1 carrot, chopped
- 1 Tbsp. finely chopped jalapeno, if desired
- 3-4 tsp chili powder
- 1 tsp ground cumin
- 1 (28 oz.) can + 1 (14 oz.) can tomatoes, chopped with juices
- 1 tsp. brown sugar
- 2 (15 oz.) cans red kidney beans, drained and rinsed
- 2 packages Wo Chong Silken Tofu – Extra Firm, crumbled into bite-sized bits.
- ***Optional garnish: cheddar cheese or chopped scallions

Directions

1. In a large saucepan, heat oil over medium heat. Add onions, carrots, jalapenos, garlic, chili powder, and cumin. Saute until onions and carrots are soft, 5 to 7 minutes.
2. Add tomatoes with juice and sugar. Cook for 5 minutes over high heat.
3. Reduce heat to low, then stir in beans and tofu. Simmer the chili until thickened, about 15 minutes.
4. Serve with yogurt, finely grated cheddar, and scallions on the side.