

Tempeh and Mushroom Chili with Corn and Cilantro

Recipe by: Dr. Michael Greger & Robin Robertson from The How Not to Age Cookbook

Chopped mushrooms and tempeh add great texture and heartiness to this flavorful chili that bursts with kidney beans, corn kernels, and cilantro. This recipe calls for cremini mushrooms because they hold up well in stews and chili. If they're unavailable, you can substitute white button mushroom.



COURSE

Main Course, Soup

DIFFICULTY

Easy

SERVINGS

6



DAILY DOZEN

Beans, Herbs and Spices,
Other Vegetables

INGREDIENTS

- 1 (8-ounce) package tempeh
- 1 medium red onion, chopped
- 1 medium red bell pepper, cored, seeded, and chopped
- 1 tablespoon white miso paste
- ¼ cup hot water (for the miso paste)
- 3 garlic cloves, minced
- 8 ounces cremini mushrooms, chopped
- 2-3 tablespoons chili powder (mild or hot)
- ½ teaspoon dried oregano
- ½ teaspoon ground black cumin
- ¼ teaspoon ground pippali or black pepper
- 2 (14.5-ounce) BPA-free cans or Tetra Paks salt-free crushed tomatoes, drained
- 3 cups salt-free dark red kidney beans, home-cooked or from BPA-free cans or Tetra Paks, drained and rinsed
- 1 cup fresh or thawed frozen corn kernels
- ½ cup chopped fresh cilantro

INSTRUCTIONS

1. Steam the tempeh in a metal steamer basket over an inch (2.5cm) or so of boiling water in a covered saucepan or pot for 10 minutes. Drain, coarsely chop, and set aside.
2. In a large saucepan, heat a few tablespoons of water over medium heat. Add the red onion and bell pepper, cover, and cook until softened, about 5 minutes.
3. Blend together the white miso paste and hot water.
4. Add the miso mixture and garlic, then stir in the tempeh, mushrooms, chili powder, oregano, black cumin, and pippali. Cook until fragrant, about 1 minute. Add the tomatoes, beans, and corn.
5. Cover and simmer over low heat, stirring occasionally, until the chili is thick and flavorful, about 30 minutes. Stir in the cilantro. If the chili is too thick, stir in a little water. Serve hot.