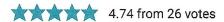
Hearty Tofu Chili

Once you make this amazing Tofu Chili it will never leave your rotation! It is hearty, super delicious, and so nutritious.





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PREP TIME 30 mins



COURSE

Main Course

COOK TIME 15 mins



SERVINGS

4

EQUIPMENT

air fryer

INGREDIENTS

- 2 tbsp extra virgin olive oil
- 1 large yellow or red onion diced
- · 3 cloves of garlic minced
- · pinch of sea salt
- 1 large red bell pepper diced
- 1 jalapeno pepper minced (optional to remove the seeds)
- 1 tbsp chili powder
- 2 tsp ground cumin
- 1 14- oz can diced tomatoes
- · 2 tbsp tomato paste

2 cans

- 3 cans of beans 1 each of chickpeas, kidney and cannellini beans
- (2)3 cups water + more to thin if necessary
- 1 tbsp Better Than Bouillon vegan vegetable bouillon paste or 1-2 vegetable bouillon cubes

- 1 cup fresh cilantro chopped
- Rice or cornbread for serving

Ground Tofu

- 1 package of firm or extra-firm tofu
- 1 tbsp extra virgin olive oil
- 2 tbsp soy sauce
- 3 tbsp nutritional yeast
- 1 tsp garlic powder
- 1 tsp smoked paprika
- 1/2 tsp ground cumin

INSTRUCTIONS

Instant pot

- 1. In a large heavy bottomed pot, heat 2 tbsp of olive or over medium-high heat. When hot, add onions, garlic, and peppers, and a pinch of salt.
- 2. Saute until the onions turn slightly translucent.
- 3. Add the chili powder and cumin, and stir. Allow it to toast for 30 seconds.
- 4. Then add the tomatoes, tomato paste, beans, water, and bouillon paste.
- 5. Bring the tofu chili to a boil then reduce it to a simmer and cook for 10-15 minutes with the lid ajar or off. If it is too thick for your liking add a little more water.
- 6. Stir in the ground tofu.
- 7. Season to taste with more spices and/or salt.
- Serve over rice with fresh cilantro and lime to garnish.

Ground Tofu

- 1. Break the tofu into very small pieces.
- 2. Add it to a mixing bowl, then add the oil and spices.
- 3. Stir well, making sure all of the tofu is well coated.
- 4. Transfer it to an air fryer or baking sheet lined with parchment paper.
- Air fryer: Fry the tofu at 375° for 15 minutes, stirring halfway through. Cook longer if you want it even crispier.
- 6. Oven: Roast the tofu at 375° for 30 minutes. Stirring after 20 minutes. Cook longer if you want it meatier or more dried out.

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