

Hearty Tofu Chili

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

★★★★★ 4.74 from 26 votes



PREP TIME
30 mins

COOK TIME
15 mins



COURSE
Main Course



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
- 3 cans of beans 1 each of chickpeas, kidney and cannellini beans *2 cans*
- 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
- ½ tsp ground cumin

INSTRUCTIONS

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.
8. Serve over rice with fresh cilantro and lime to garnish.

Instant pot

8 min / 10 min NR

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.
5. ~~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.

