



Vegetarian Chili

Ingredients

3 tablespoons extra virgin olive oil
1 (8-ounce) package 3-grain tempeh, crumbled
2 large peppers, red, yellow, green or a combination, cut in small dice
1 onion, cut in small dice
2 cloves garlic, minced
3 cups cooked kidney beans, drained and rinsed
1, 15-oz can tomato puree
1, 15-oz can chopped tomatoes, drained
1 cup water
2 bay leaves
2-3 tablespoons chili powder (or more, to taste)
½ teaspoon ground cumin
pinch of red pepper flakes
salt
optional: dash of tabasco sauce

Procedure

1. In a large pot, sauté tempeh in olive oil for five to seven minutes, until it becomes brown and crispy. Salt it well.
2. Add peppers and onion and sauté on medium flame for another seven to eight minutes, stirring frequently.
3. Stir in garlic, sauté one more minute and then add the rest of the ingredients.
4. Cook on medium low heat for 30-40 minutes. Adjust seasonings and serve hot.

Recipe by Stefania Patinella. All right reserved.