

Chili con Tofu



CHOICES
*Steps Toward
Health*

Serves 8

2 medium green peppers, chopped
3 medium onions, chopped
2 stalks celery, chopped
1 1/2 tablespoons vegetable oil
4 cloves garlic, chopped,
or 1/2 teaspoon garlic powder
1 1/2 pounds tofu, crumbled
1 teaspoon basil, ground
1 teaspoon oregano, ground
3 tablespoons chili powder
1 teaspoon cumin, ground
2 16-ounce cans tomatoes with juice
1 16-ounce can tomato sauce
2 16-ounce cans kidney beans, drained
Black pepper to taste

1. Wash and chop fresh vegetables.
2. In a large skillet, heat oil over medium heat. Add vegetables and tofu, reduce heat to medium low, and sauté for 5 minutes.
3. Add spices and stir.
4. Stir in canned tomatoes with juice. Cook uncovered for 15 minutes.
5. Add the tomato sauce and beans. Reduce heat to low.
6. Add pepper to taste.
7. Cover and simmer for one hour, stirring occasionally.

TIPS:

- Try vegetable cooking spray and non-stick pans to reduce the fat even more.
- Tofu is a healthy, low-fat meat substitute.

Nutrition Facts: Serving size: 1 cup; Calories: 190; Fruits and Vegetables: 1 1/2; Fat: 6 g; Fiber: 9 g



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