Healthy Chili

2 cups firm tofu, crumbled
1 clove garlic, minced
1 tablespoon chili powder
2 tablespoons Worcestershire sauce
1 cup onion, chopped
1 large green pepper, chopped
1 carrot, thinly sliced
2 tablespoons soyoil
1 cup tomatoes, chopped
1 can (16 ounces) tomato sauce
1 can (15 ounces) dark red kidney beans
1/2 teaspoon dried basil, crushed
1 teaspoon cumin
1 teaspoon cayenne pepper
1 can (6 ounces) tomato paste, optional
Salt to taste
4 cups cooked brown rice

Garnishes: minced onion, grated cheddar cheese and avocado, optional

In a mixing bowl, combine tofu, garlic, chili powder and Worcestershire sauce; set aside.

In a large skillet, saute onion, green pepper, carrot in soyoil until onion becomes transparent. Add tofu mixture, cook and stir 3 minutes over medium heat.

Add tomatoes, tomato sauce, kidney beans, basil, cumin, cayenne and, if desired, tomato paste. Cover and simmer for 30 minutes. Salt to taste. Serve on brown rice. Garnish as noted above.

Serves 8

Nutrition Information
per 1 cup serving

Calories: 320
Fat: 10.5 gm.
Cholesterol: 0
Sodium: 597 mg.
Carbohydrate: 43.8 gm.
Protein: 17 gm