

Healthy Chili

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

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