**Vegetarian Chili**

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I make this often because it’s easy, the ingredients are almost always on hand, and it is very satisfying.

***4 servings (I usually make double as it keeps well in fridge or freezer)***

***Ingredients:***

8 oz. tempeh (Trader Joe’s Organic 3 Grain Tempeh or similar)
½ large yellow or white onion – rough chop
1 rib celery – rough chop
3 tbsp extra virgin olive oil
2 cloves garlic
2-3 tbsp chili powder
1 tbsp cumin seeds
1 tbsp ground cumin
1 tbsp oregano (Mexican variety if you have it)
1 tbsp apple cider vinegar
1 14-oz. can chopped tomatoes (regular or fire-roasted)
1 15-oz. can black or pinto beans (do not rinse)
1 4-oz. can diced fire-roasted chilies (or chipotle pepper for more heat)
Water
Salt/pepper

***Instructions:***

1. Crumble tempeh into small bits. (I do this in the food processor – 5 or 6 pulses.) Place tempeh in heavy pot or Dutch oven and dry-toast over medium heat for 3-4 minutes.
2. Pulse onion, celery and garlic in food processor until well minced.
3. Push tempeh to one side of pot, add olive oil, then add and saute onion, celery, garlic and spices. Stir together with tempeh.
4. Add apple cider vinegar, beans, tomatoes and chilies.
5. Simmer for 35-40 minutes. As tempeh absorbs liquid, add water to avoid sticking.
6. Salt and pepper to taste.

Serve with your favorite condiments.

**Nutrition Facts per serving (approximate)**
Calories - 310
Fat – 10g
Cholesterol – 0mg
Sodium – 300mg
Carbohydrate – 32g
Protein – 16g