

Vegetarian Chili with Tempeh

2 ½ cups finely diced onion

2 tbs chili powder

2 tsp minced fresh garlic

½ cup diced red bell pepper

½ cup diced yellow bell pepper

¾ cup tempeh, small diced

1 ½ tsp ground cumin

1 tbs dried basil

1 tsp ground thyme

1 ¾ cups canned tomatoe sauce

2 ¼ cups diced tomatoes

¾ tsp minced chipotle pepper

1 ½ tsp fresh chopped cilantro

1 tbs blackstrap molasses

2 ¾ cups vegetable stock

½ cup canned adzuki beans

½ cup canned anasazi beans

¼ cup canned kidney beans

(all beans drained and rinsed)

Calories: 180 | 34gms carbs | 2 gm fat | 10gm protein | 7 gm fiber

Instructions:

1. Lightly coat a large saucepan with olive oil. Add onions and chili powder and saute' over medium heat until onions are translucent. Add the garlic and saute' for about 30 seconds. Mix in all dry herbs and peppers and saute' 30 more seconds.

2. Add tomato sauce, tomatoes, tempeh, chipotle pepper, cilantro and molasses and mix thoroughly.

3. Pour in vegetable stock and let simmer for 30 minutes. Add beans into saucepan, stir and cook for an additional 30 minutes.

Makes 6 servings