



Vegetable Tofu Chili

Ingredients:

1 pack of IP Vegetable Chili Mix	1/2 cup diced tomatoes
35-40 grams of sprouted fermented tofu- grated or fine cubed	1 tsp chili powder
1 cup of beef broth	1/2 tsp ground cumin
1/2 cup of peeled and fine diced jicama	1/2 tsp of oregano
1/2 cup colored peppers	1/8 tsp of cayenne
1/2 cup celery	1 garlic clove, minced or pressed
	1 tbsp of fresh cilantro (optional)

Directions:

In a skillet or pan add, jicama, peppers, celery and tofu, saute together until tender, add tomatoes and chili powder, cumin, oregano, cayenne, and garlic. Now add packet of vegetable chili and mix in well, then add 1 cup of beef broth, simmer over low for an additional 15 minutes to let flavors meld. Sprinkle fresh cilantro over finished chili

Serve as is or over a bed of shredded lettuce.

Maintenance: toppings may include 1 oz of sharp cheddar cheese, guacamole, sliced avocado, and salsa.

Recipe yields 1 serving or a restricted packet and 2 cups of select vegetables, and 9 grams of tofu protein.

Recipe created by Dea Marie of Dea's Recipes.