

The Chili Masters, Vaca Valley 4-H Club

Spicy Tofu Chili

Ingredients

2 tablespoons olive or canola oil
1 large onion, diced
1 red bell pepper, diced
4 garlic cloves, minced
1 (14 ounce) package extra firm tofu, preferably frozen and thawed
2 tablespoons chili powder
2 teaspoons ground cumin
1 teaspoon paprika
1/2 teaspoon ancho chili powder
Cayenne pepper to taste, (optional)
2 (14 ounce) cans fire roasted tomatoes
2 tablespoons tomato paste
1 (14 ounce) can black beans, drained and rinsed
1 (14 ounce) can kidney beans, drained and rinsed
1 cup vegan ale
1 cup frozen corn, thawed
Salt and pepper to taste

Toppings (optional)

Vegan sour cream, cashew cream, or yogurt
Hot sauce
Chopped scallions
Avocado slices

Instructions

1. Coat the bottom of a large pot with oil and place it over medium heat.
2. When the oil is hot, add the onion and pepper. Sauté for about 5 minutes until the onion is soft and translucent.
3. Add the garlic and crumble the tofu into the pot. Add the chili powder, cumin, paprika, ancho chili powder, and cayenne. Continue to sauté everything until the tofu begins to dry up a bit, about 5 minutes more.
4. Stir in the tomatoes, tomato paste, black beans, kidney beans and ale. Raise the heat and bring the mixture to a simmer.
5. Lower the heat and allow the mixture to simmer for at least 30 minutes, and up to 90 minutes, stirring occasionally. Add a bit of water if it becomes too thick during cooking.
6. Stir in the corn and allow to continue simmering for about 2 minutes, until heated throughout.
7. Remove the pot from heat and taste test. Season with salt and pepper to taste
8. Ladle into bowls and top with toppings of choice. Serve.