

# Chili-Award Winning & Vegan

*This recipe makes about 11 cups*



## Ingredients

1 bell pepper, chopped  
1 large onion, chopped  
2 cups broth of choice  
1-15 oz can of kidney beans  
1-15 oz can pinto beans  
1-15 oz can black beans  
1- 15 oz can diced fire-roasted tomatoes  
1-6 oz can tomato paste  
1 jalapeno, diced (optional)  
1 tbsp dried oregano  
2 tsp cumin  
1 tsp smoked paprika  
2 tbsp chili powder  
1 tbsp minced garlic  
1 tbsp Worcestershire  
2 tsp salt  
1 tsp pepper

## Tofu crumbles:

2-16 oz packages of firm tofu 2 tbsp olive oil,  
2 tbsp smoked paprika, 1 tbsp chili powder, 1  
tsp salt, & 1 tbsp garlic powder

## Directions:

1. Crumble the tofu into a large bowl. Add all the ingredients for the crumbled tofu. Mix well and spread on a baking sheet. Bake at 400 for 20 minutes. Stirring halfway through.
2. In a frying pan or Instant Pot, sauté the chopped onion and bell pepper. (If using an Instant Pot, select the "Sauté" function)
3. If using a slow cooker, transfer the sautéed onions and peppers to the crock pot. Add the tofu, broth, fire-roasted tomatoes, jalapeno (if using), and tomato paste
4. Drain and rinse all beans thoroughly, then add them to the pot
5. Add oregano, cumin, smoked paprika, chili powder, minced garlic, Worcestershire sauce, salt, and pepper and stir well to combine
6. **Instant Pot:** Secure the lid and select the "Bean" or "Chili" setting. Cook for 20 minutes
7. **Slow Cooker:** Cover and cook on low for 3-4 hours
8. Stir and adjust seasoning if needed.
9. Add parchment paper to your trays
10. Pour chili onto trays
11. Add dividers if using. We like the 10-portion setting for this recipe
12. Pre Freeze when possible
13. Freeze dry (my cycle time was 36 hours)
14. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Add 2 divider portions or about 1 ½ cups of freeze-dried chili to a bowl with 1 cup of hot water. Cover and let it sit for 3-4 minutes. Stir and enjoy

## Nutritional Value Per 1 cup pre-freeze-dried

Calories: 207 Protein: 16 g Fat: 5 g Carbohydrates: 28 g Sugar: 4 g Fiber: 7 g