AMERICAN · LUNCH · DINNER

High-Protein Vegan Chili with Tofu and Three Beans

50 min · Serves 4 · 450 kcal a serve · Video 8:30 · Simnett Nutrition

Vegan · Gluten-free ingredients · Nut-free

Three kinds of beans plus tofu give about 28 g of plant protein and over 20 g of fibre per bowl, with very little saturated fat.

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Ingredients 17 · SERVES 4

- [ ] a little **oil** to sauté (about 1 tsp), or use water
- [ ] 1 large **onion**, chopped
- [ ] 3 **garlic** cloves, chopped
- [ ] 3 **carrots**, chopped
- [ ] 3 stalks **celery**, chopped
- [ ] ½ package **firm tofu**, crumbled
- [ ] 2 tsp **ground cumin**
- [ ] 2 tsp **smoked paprika**
- [ ] ½ tsp **black pepper**
- [ ] 2 tsp **liquid smoke** (or an extra 1 tsp smoked paprika)
- [ ] 1 large (28 oz) can **fire-roasted tomatoes**
- [ ] 2 cups **water**
- [ ] 1 can **kidney beans**, drained and rinsed
- [ ] 1 can **chickpeas**, drained and rinsed
- [ ] 1 can **black beans**, drained and rinsed
- [ ] 2 tsp **Bragg's liquid aminos** (or soy sauce or tamari)
- [ ] 1 tsp **vegan Worcestershire sauce**

Contains: Soy. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Sauté the onion, garlic, carrots and celery in a large saucepan with a little oil (or water) until the vegetables soften. 1:01
2. Crumble in the tofu, then add the cumin, smoked paprika, black pepper and liquid smoke. Cook a few minutes, adding a splash of water to lift anything stuck to the pan. 1:29
3. Stir in the fire-roasted tomatoes and 2 cups water, then add the drained kidney beans, chickpeas and black beans. 2:19
4. Season with the liquid aminos and Worcestershire sauce, then simmer at least 20 minutes until thick and the flavours have melded. 3:53

> **Tip** Even better the next day. Keeps 4–5 days in the fridge or 3 months in the freezer. No tofu? Add a fourth can of beans. Serve with wholegrain toast or brown rice.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
450 kcal	29 g	73 g
1,880 kJ	57% of a day	51 g net · 16 g sugars
		26% of a day

FIBRE	FAT	SODIUM
22 g	8.4 g	470 mg
78% of a day	1.1 g saturated	21% of a day
	11% of a day	

Energy from net carbs 52% · protein 29% · fat 19%

High in (20%+ of a day) Folate 85% · Vitamin A 57% · Iron 52% · Magnesium 41% · Vitamin B6 38% · Calcium 37% · Potassium 36% · Zinc 35% · Vitamin C 32% · Omega-3 29% · Vitamin K 28% · Vitamin E 26% · Selenium 24%

Recipe and video: Simnett Nutrition (@Simnettnutrition) on YouTube — youtube.com/watch?v=H-A-WeljaME, published 24 September 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/high-protein-vegan-tofu-bean-chili