

Vegetarian Chili

Ingredients:

1/2 teaspoon extra-virgin olive oil
1 small yellow onion, chopped
12 ounces extra-firm tofu, cut into small pieces
2 cans (14 ounces each) diced tomatoes, low or no added salt
1 can (14 ounces) chili beans, rinsed and drained
1 can (14 ounces) black beans, rinsed and drained
3 tablespoons chili powder
1 tablespoon oregano
1 tablespoon chopped fresh cilantro



Directions:

In a soup pot, heat the olive oil over medium heat. Add the onions and saute until soft and translucent, about 6 minutes. Add the tofu, tomatoes, beans, chili powder and oregano. Bring to a boil. Reduce heat and simmer for at least 30 minutes.

Remove from the heat and stir in cilantro. Ladle into individual bowls and serve immediately.