



Mixed-Bean Chili with Tofu

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



347 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 15 ounce pinto beans canned
- ☐ 15 ounce kidney beans red canned
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 1.5 tablespoons regular chili powder hot
- ☐ 1 teaspoon chipotle chile in adobo sauce canned minced drained
- ☐ 0.5 teaspoon cider vinegar
- ☐ 0.3 cup cilantro leaves fresh chopped

- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon ground coriander
- ☐ 1.5 teaspoons ground cumin divided
- ☐ 0.3 cup cup heavy whipping cream sour low-fat
- ☐ 1.5 tablespoons soya sauce low-sodium
- ☐ 1.5 cups onion chopped
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.3 teaspoon salt
- ☐ 1 cup spicy tofu firm crumbled drained
- ☐ 1.5 tablespoons tomato paste
- ☐ 2 teaspoons vegetable oil
- ☐ 1.5 cups water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Heat a large Dutch oven over medium-high heat.
- ☐ Add tofu and 3/4 teaspoon cumin; saut 3 minutes. Stir in soy sauce; cook 1 minute or until liquid evaporates.
- ☐ Remove tofu mixture from pan.
- ☐ Heat the oil in pan; add 3/4 teaspoon cumin, chopped onion, coriander, and oregano; saut 4 minutes.
- ☐ Add tofu mixture, tomato paste, and next 5 ingredients (paste through garlic); stir well.
- ☐ Add water, beans, and tomatoes; bring to a boil. Cover, reduce heat, and simmer 30 minutes. Stir in vinegar. Spoon chili into bowls; top each serving with cilantro and sour cream.

Nutrition Facts



Properties

Glycemic Index:91.5, Glycemic Load:14.4, Inflammation Score:-9, Nutrition Score:22.785652085491%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 12.74mg, Quercetin: 12.74mg, Quercetin: 12.74mg, Quercetin: 12.74mg

Nutrients (% of daily need)

Calories: 346.77kcal (17.34%), Fat: 8.55g (13.15%), Saturated Fat: 1.98g (12.34%), Carbohydrates: 51.96g (17.32%), Net Carbohydrates: 36.09g (13.12%), Sugar: 11.45g (12.72%), Cholesterol: 5.03mg (1.68%), Sodium: 1174.13mg (51.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.34g (40.68%), Fiber: 15.86g (63.45%), Manganese: 1.11mg (55.64%), Iron: 6.62mg (36.76%), Potassium: 1164.23mg (33.26%), Copper: 0.63mg (31.6%), Phosphorus: 303.28mg (30.33%), Magnesium: 112.33mg (28.08%), Vitamin A: 1333.12IU (26.66%), Calcium: 261.2mg (26.12%), Vitamin B6: 0.5mg (25.24%), Vitamin E: 3.68mg (24.51%), Vitamin K: 25.47µg (24.26%), Vitamin C: 17.81mg (21.58%), Folate: 85.07µg (21.27%), Vitamin B1: 0.3mg (20.11%), Vitamin B3: 2.82mg (14.11%), Vitamin B2: 0.24mg (13.83%), Zinc: 2.01mg (13.4%), Vitamin B5: 0.72mg (7.17%), Selenium: 3.84µg (5.49%), Vitamin B12: 0.06µg (1.01%)