

Basic AF No-Bean Chili

Makes 6 servings

Prep Time: 5 minutes

Cook Time: 2 hours

Ingredients:

1 c TVP, rehydrated in 2 c boiling water
2 medium onions, diced
2 medium bell peppers, diced
1 T minced garlic
1 T ground cumin
1 t smoked paprika
1 t dried cilantro
¼ t ground chipotle powder
1 28 oz can diced tomatoes

Directions:

1. Saute onions and peppers in oil or water until soft and slightly golden brown. Stir in garlic and spices, and heat until fragrant.
2. Stir in tomatoes and TVP, along with its soaking water. Taste and season as needed. Cover and simmer on low for at least two hours. It is recommended that this chili is reheated and served the next day.



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Nutrition Facts	
Servings 6.0	
Amount Per Serving	
calories 130	
% Daily Value *	
Total Fat 0 g	1 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 330 mg	14 %
Potassium 927 mg	26 %
Total Carbohydrate 21 g	7 %
Dietary Fiber 7 g	27 %
Sugars 11 g	
Protein 11 g	21 %
Vitamin A	7 %
Vitamin C	204 %
Calcium	11 %
Iron	30 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	