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INSTANT POT VEGAN TEMPEH CHILI

Serves 4-6

INGREDIENTS:

- 2 Tbsp olive oil
- 2 8-oz packages SoyBoy tempeh, grated
- 1 medium white onion, diced
- 1 red & 1 green bell pepper, diced
- 1 jalapeno, de-seeded and diced
- 2 cloves garlic, minced
- 1 14.5-oz can diced tomatoes, drained
- 1 Tbs tomato paste
- 1 15-oz can kidney beans, drained & rinsed
- 1 15-oz can black beans, drained & rinsed
- 1 cup water
- 1 tsp cumin
- 1 Tbs smoked paprika
- 2 tsp salt
- 1 tsp ground cayenne
- 1 Tbs chili powder

PROCEDURE:

Add the cornstarch, paprika, ginger, garlic, sesame oil, rice wine, and soy sauce to the bowl. Mix until incorporated. Set the Instant Pot to "saute." Cook olive oil, tempeh, and all vegetables except the beans. If at the end of 9 minutes (default "saute" setting) vegetables aren't soft, add more time.

Set the Instant Pot to "bean & chili." Mix in all remaining ingredients and cook for 15 minutes. Taste and adjust seasonings as needed. Top with your choice of garnish and serve.

HINTS:

If you don't have an instant pot you can make this on the stovetop or in a crockpot. You just have to do the first step in a frying pan.

Some like it hot! This recipe is mild. To spice it up, add another jalapeno, keep the seeds in, or add a pinch of cayenne pepper.

This recipe is incredibly versatile. You can add all sorts of vegetables -- celery, carrots, more tomatoes, potatoes. This doubles as a "whatever's in the fridge" recipe.

To vary the thickness, dice your vegetables fine or chunky, and vary the amounts of water and tomato paste.

Garnish with vegan sour cream, chopped chives, fresh cilantro, and/or diced sweet onions.

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