

Easy Slow Cooker Tofu Chili

What are the benefits of tofu chili?



Tofu contains several **anti-inflammatory, antioxidant Phyto-chemicals making it a great addition to an anti-inflammatory diet.** Tofu is also a good source of 'complete' protein – meaning that it has a well-balanced amino acid profile – in addition to fiber, potassium, magnesium, iron, copper and manganese.

Ingredients:

(Serves Four)

1 pound extra firm tofu frozen and thawed, squeezed dry and crumbled. NOTE: Thaw tofu on counter top for about six hours before squeezing out water. *Freezing the tofu results in a meatier texture. Unfrozen, crumbled tofu may also be used.

1 medium green pepper, coarsely chopped

1 small onion, coarsely chopped

2 cloves minced garlic

1 (28-ounce) carton chopped tomatoes; no salt added. Note: Many prefer 2 cans.

2 Tablespoons chili powder, or more to taste

1 ½ cups cooked kidney or pinto beans or 1 (15 ounce) can low sodium beans, DRAINED

Instructions:

1. To make in a slow cooker, water sauté peppers, onions and garlic in a large pan until almost tender, approximately five minutes.
2. Add crumbled thawed tofu and continue to cook for an additional 2-3 minutes.
3. Pour into a slow cooker along with remaining ingredients.
4. Cover and cook on low for 6-8 hours or on high for 3-4 hours.