

Recipes provided by...

Soybeans
Nebraska Soybean Board



INGREDIENTS...

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|-------------------------------------|---|
| 2 Tbsp ground cumin | 3 cups vegetable or beef broth |
| 2 Tbsp chili powder | 1 -1/4 cups dry textured vegetable protein |
| 1 Tbsp unsweetened cocoa powder | 1 14.5-oz. can diced tomatoes |
| 1 -1/2 tsp ground coriander | 2 15-oz. cans black beans, rinsed and drained |
| 1 tsp dried oregano | 2 15-oz. cans kidney beans, rinsed & drained |
| 1 tsp sugar | 2 chipotle chilies in adobo sauce (from can), chopped |
| 1 tsp salt | |
| 1/4 tsp cayenne pepper | Condiments (optional): |
| 2 Tbsp vegetable oil | grated cheese, chopped |
| 1 large onion, chopped | onions, diced avocado, |
| 1 clove garlic, minced | sliced black olives |
| 1 medium green bell pepper, chopped | |
| 1 -1/2 cups tomato juice | |

Per 1 1/2 cup serving:

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|---------------------|---------|
| Calories:..... | 369 |
| Total fat:..... | 5 g |
| Saturated fat:..... | 0.6 g |
| Cholesterol:..... | 0 mg |
| Sodium:..... | 1293 mg |
| Carbohydrate:..... | 46 g |
| Protein:..... | 22 g |
| Soy Protein:..... | 9 g |
| Dietary Fiber:..... | 17 g |

If you're looking for a crowd pleaser for your next tailgate party or family get together, consider this recipe. This meatless chili took first place at the 2007 International Beer Tasting and Chili Cookoff, in Urbana Ill., going head to head against meat based chilies. Adjust the heat by how many chipotle chilies you add. Mix all the seasonings in a small bowl. Set aside. Heat the oil in a large pot over medium heat. Add onions and sauté until golden. Add garlic, bell pepper, and seasoning mixture and sauté for another minute. Add the remaining ingredients (except condiments) and mix well. Bring to a boil, then reduce heat and simmer, stirring occasionally, for at least 15 minutes to let the flavors blend. Serve with the optional condiments, if desired.

Yield: 12 cups