

Garden Vegetable Chili with Kale and Black Beans

2 T chili powder

1 t paprika

1 t dried oregano

1 t salt

1 t sugar

1 lb firm (or ex) tofu, frozen, defrosted, and pressed

1 T olive oil

1 onion, chopped

1 carrot, chopped

2 garlic cloves

1 red bell pepper

1 (28 oz) can crushed tomatoes

1 (15 oz) can black beans, rinsed and drained

1 cup chopped fresh kale or 1 (10 oz) package frozen chopped kale, defrosted and drained.

½ cup sliced black olives

Chili, continued

1. In a medium bowl, mix together the chili powder, paprika, oregano, salt, and sugar and set aside.

Crumble the tofu into the bowl of spices and stir until the tofu is thoroughly coated with the spices. Set aside.

2. Heat the oil in a large heavy-bottomed pot over medium-high heat. Add the onion, carrot, and garlic

and cook, stirring, for 5 minutes. Add the red bell pepper and cook, stirring for 5 minutes. Add the reserved tofu and cook, stirring, for 5 minutes. Add the tomatoes, black beans, kale, and olives. Bring to a boil, reduce the heat, and simmer until the kale is tender, 2 to 7 minutes- the cooking time will take longer if you use fresh rather than frozen kale. Season to taste and serve.