

red chili

2 tbsp. olive oil  
3 cloves garlic, chopped  
1 red bell pepper, chopped  
1 yellow bell pepper, chopped  
1 green bell pepper, chopped  
1 pkg. crimini mushrooms, sliced  
2 16oz. cans stewed tomatoes  
2 cans red kidney beans, rinsed  
2 cans chili beans  
1 ½ cups fresh textured vegetable protein  
1 tsp. cumin  
1 tsp. cayenne pepper  
1 tsp. chili powder  
salt and pepper to taste

heat olive oil in skillet. add garlic and sauté. add peppers, salt and pepper, and stir fry.  
toss in mushrooms and sauté.

transfer ingredients to a stockpot. add stewed tomatoes, beans, spices, tvp, and stir.  
let chili cook over low to medium heat for at least an hour. chili tastes better the longer  
it cooks, so don't be afraid to start this dish early in the day.

when ready to serve, dish chili into individual bowls. I like to garnish my red chili with  
a dollop of vegan sour cream, a dash of cayenne, and a yellow corn chip scoop to  
use in place of a spoon. Enjoy!