



## Quick Chili

NIBBLEDISH CONTRIBUTOR

### Ingredients

- Can of crushed tomatoes (28 oz)
- Can of black beans (15.5 oz, rinse them off) or any other bean you like
- 4 medium sized carrots, grated
- Baked tofu chunks
- 1 Red Pepper, diced
- 1/2 an onion, diced, I used a red onion
- Spices to taste (salt, pepper, cumin, cayenne, garlic)

### Instructions

Saute the peppers and onion in oil until they begin to soften.

The tofu is just your basic baked tofu, you could probably even use leftovers.

In a large pot, combine the tomatoes, beans, peppers, onions, and spices. Simmer on low heat, stirring occasionally. After about 15 minutes, add the tofu and the carrots. Simmer for about 15 more minutes.

Makes about 5 servings.

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