

## CHILI CON TOFU

### **Have ready:**

3 cups cooked beans {pinto or kidney} or 2 cans kidney beans  
1 lb. tofu pressed dry  
and broken into small pieces

Preheat oven to 350 F:

### Mix together:

2 tbsp liquid amino or vegetarian Worcestershire sauce  
1 tbsp peanut butter  
1 tsp onion powder  
¼ cup water  
½ tsp. Cumin  
¼ tsp garlic powder

Pour this mixture over tofu pieces, make sure it's mixed in evenly.  
Spread on an oiled cookie sheet.

Bake for 20 minutes, stir around and bake for another 20 minutes.

### Sauté:

1 tbsp. Olive oil  
1 cup green/yellow/red pepper chopped  
1 large onion chopped  
3 cloves garlic minced

### Add

Cooked beans or can beans  
2 tsp. Cumin  
1 tsp. Chicken style seasoning  
baked tofu pieces  
2 tbsp. Chopped fresh cilantro ( add more if you like)  
1 can stewed tomatoes  
½ cup tomato sauce  
2 tbsp. Chili powder  
Simmer for 20 minutes, serve with corn bread, rice or on haystacks