

Hearty TVP Chili

Serves: 4-6

Prep time: 5 minutes

Cook time: 25 minutes



**Vegetarian & Vegan
Meats & Treats**

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INGREDIENTS

Ingredients:

- *1 1/3 cup Hearty Plant Protein Ground
- *1 packet Simply Organic Chili Seasoning
- 2 tbsp. olive oil
- 1 white onion, chopped (about 1 cup)
- 2 1/2 cups water
- 3 Tbsp. low sodium soy sauce
- 2 - 14 oz. cans diced tomatoes
- 14 oz. can pinto beans or kidney beans - drained and rinsed

Serving suggestions:

- Top with a little cheese or cheese substitute
- Top with saltines or oyster crackers
- Side Dishes:
 - o Steamed veggies
 - o Corn bread (if you use a mix, check the label for lard)

Directions:

- 1) In a large stock pot heat the oil over medium heat, and sauté the onion until it begins to turn translucent (3-4 minutes).
- 2) Mix in the Chili Seasoning Packet and sauté for 1 minute, stirring constantly.
- 3) Add the water, soy sauce, and diced tomatoes. Stir well, bring to a boil, place a lid on the pot, lower the heat and simmer for 10 minutes stirring occasionally.
- 4) Stir in the beans and the Hearty Plant Protein and simmer until the beans are heated through, the flavors are blended, and the excess water is gone (5-10 minutes).



STEP 2



STEP 3



SERVED

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