

Vegan 3-Bean Chili

For the Chili:

1 tablespoon olive oil	1 cup lager style beer (substitute with apple juice)
1 yellow onion, diced	2 - 3 tablespoon chili powder
4 cloves garlic, minced	1 tablespoon ground cumin
1 - 15 oz can diced tomatoes	2 teaspoons ground coriander
1 - 15 oz can black beans, drained and rinsed	1 teaspoon dried oregano
1 -15 oz can kidney beans, drained and rinsed	1 T brown sugar
1 -15 oz can pinto beans, drained and rinsed	1 teaspoon salt, or more to taste
1 cup water (plus more if needed)	1 teaspoon smoked paprika
	¼ - ½ teaspoon cayenne powder

For the Tofu:

2 tablespoon nutritional yeast	1 teaspoon chili powder
1 tablespoon soy sauce	½ teaspoon liquid smoke
1 tablespoon olive oil	1 block extra-firm tofu (12 – 16 oz)

For the Chili: Add the olive oil to a large pot and heat over medium-high heat. Sauté the onion and garlic until translucent and just begins to brown. Add in the tomatoes, beans, beer, water, and all of the spices. Bring to a boil, reduce to simmer and continue to simmer for 1 hour. If the chili gets too thick, add more water to reach desired consistency.

For the Tofu:

While the chili is simmering, preheat the oven to 350F Line a baking sheet with parchment paper, or lightly grease the pan.

Mix nutritional yeast, soy sauce, olive oil, chili powder, and liquid smoke together in a large bowl. Open and drain the tofu, then break off chunks and crumble with your fingers into the bowl with the marinade. Gently toss until all of the tofu is covered in the marinade.

Spread the tofu mixture evenly over the pan. Bake for about 45 mins, stirring the tofu every 15 minutes. Keep a close eye on it towards the end so that it doesn't burn. The tofu to be lightly browned. The different sizes of tofu will provide a variety of texture.

Add the tofu to the finished chili and simmer for another 10 minutes.

Serve hot with a dollop of vegan sour cream, chopped green onions, and/or Fritos on top, if desired.