



Black Bean and Tempeh Chili:

INGREDIENTS

- ¼ cup olive oil, divided
 - 2 cups chopped onions
 - 4 garlic cloves, chopped
 - 2 tsp dried oregano
 - ½ tsp cayenne pepper
 - 1 can kidney beans
 - 1 cup water
 - Salt & Pepper to taste
 - Note: Some substitutes for tempeh: shredded chicken, sausage, ground beef, etc.
 - 1 (8 oz) package tempeh, crumbled
 - 1 medium red bell pepper, coarsely chopped
 - 2 tbsp chili powder
 - 1 ½ tsp ground cumin
 - 1 can black beans drained, ½ cup liquid reserved
 - 1 can diced fire roasted tomatoes
 - 1 cup frozen corn (optional)
 - Avocado, cilantro and diced tomatoes (optional)
-

DIRECTIONS

1. Heat 1 tablespoon of your oil of choice in a heavy large pot over medium-high heat. Add crumbled tempeh and cook until just browned (6-8 minutes). Remove from pan.
2. Heat the remaining 2 tablespoon of oil in a pot over medium-high heat. Add onions, bell peppers & garlic; sauté until onions soften (10 mins.). Mix in chili powder, oregano, cumin & cayenne & stir for about 2 minutes.
3. Mix in the beans ½ cup reserved bean liquid, tomatoes, water tempeh and corn. Bring to a boil, stirring occasionally. Reduce heat to medium-low and simmer until flavors blend and chili thickens (15 mins.). Season to taste with salt and pepper and top with avocado, cilantro and diced tomatoes.

Frugal Vegan

What is Tempeh:

Though tempeh isn't quite as popular as tofu, it is a mainstay of many vegetarian and vegan diets (and is particularly popular in Southeast Asia). Like tofu, tempeh is a soy-based product. It's made by fermenting cooked soybeans and then forming the mixture into a firm, dense cake. Most versions also contain beans, grains, and flavorings. (There do exist soy-free versions of tempeh that contain only grains or other beans.)

<https://www.americastestkitchen.com/guides/vegan/what-is-tempeh>