



CHILI WITH TOFU

October 28, 2009

Serves: 6 servings, Serving size: 1 cup

- 1 cup onions, chopped
- 2 tsp. safflower oil
- 1 clove garlic, minced
- ½ lb. tofu, cubed
- 1 ½ tsp chili powder
- 1 tsp. cumin
- 1 can (28oz) low sodium tomatoes with liquid
- 1 can (15oz) kidney beans

Method:

1. Saute onions and garlic in oil.
2. Add remaining ingredients. Stir.
3. Simmer about 20 minutes.

NOTE: You may want to serve your chili with tofu over rice.

Nutrition Facts per serving

Exchanges: 1 starch, 1 medium meat, 1 vegetable

Calories: 186, Carbohydrate: 21 g, Protein: 12 g, Fat: 6 g, Saturated Fat: 1 g, Cholesterol: 0 g, Fiber: 8 g, Sodium: 278

CHRONIC DISEASE HEALTH PROMOTION AND EDUCATION PROGRAM



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Providing guidance and support to make the "healthy choice the easy choice!"

