



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Vegan Tofu Chili ♦

Vegan Tofu Chili is a delicious and hearty dish made with tofu, beans, and a flavorful blend of spices. It is a plant-based alternative to traditional chili and is perfect for those following a vegan or vegetarian diet. This chili is packed with protein, fiber, and vitamins, making it a nutritious and satisfying meal option. It can be enjoyed on its own or served with rice, bread, or tortilla chips.

Recipe Type: Vegan

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 1000 grams

Number of Servings: 6

Serving Size: 166 g

Ingredients

500 g	tofu
400 g	Kidney Beans
400 g	Black Beans
400 g	diced tomatoes

100 g	onion
10 g	garlic
15 g	chili powder
10 g	cumin
5 g	paprika
5 g	salt
5 g	pepper
500 ml	vegetable broth
30 ml	olive oil

Directions

Step 1

Press tofu to remove excess water. Cut tofu into small cubes.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Sautéing

Heat olive oil in a large pot over medium heat. Add chopped onion and minced garlic.

Sauté until onion is translucent.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Stove

Add tofu cubes to the pot and cook until lightly browned.

Prep Time: 0 mins

Cook Time: 5 mins

Step 4

Stove

Add diced tomatoes, kidney beans, black beans, vegetable broth, chili powder, cumin, paprika, salt, and pepper to the pot. Stir well to combine.

Prep Time: 5 mins

Cook Time: 10 mins

Step 5

Simmering

Bring the chili to a boil, then reduce heat and simmer for 15-20 minutes, or until flavors are well combined.

Prep Time: 0 mins

Cook Time: 20 mins

Step 6

Serving

Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 180 kcal

Fat: 6 g

Protein: 12 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	12 g	70.59%	70.59%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	8 g	21.05%	32%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	6 g	21.43%	24%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	6 mg	40%	40%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	15 mg	1.5%	1.5%
Iron	20 mg	250%	111.11%
Potassium	500 mg	14.71%	19.23%
Zinc	10 mg	90.91%	125%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Seasonality

Summer Fall

Events

Thanksgiving Game Day

Cuisines

Italian French Japanese Mediterranean Greek Spanish German
Korean Vietnamese American Middle Eastern

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Meal Type

Lunch

Dinner

Snack

Supper

Difficulty Level

Medium

Visit our website: healthdor.com