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## Vegan Tempeh Chili · ·

Vegan Tempeh Chili is a delicious and hearty chili made with plant-based ingredients. It is a popular vegan alternative to traditional chili and is packed with flavor and nutrients. This recipe is perfect for vegans and those looking to incorporate more plant-based meals into their diet.

**Recipe Type:** Vegan

**Prep Time:** 15 mins

**Cook Time:** 30 mins

**Total Time:** 45 mins

**Recipe Yield:** 1000 grams

**Number of Servings:** 4

**Serving Size:** 250 g

### Ingredients

<b>300 g</b>	tempeh
<b>150 g</b>	onion
<b>3 cloves</b>	garlic
<b>150 g</b>	Red Bell Pepper

<b>400 g</b>	canned diced tomatoes
<b>400 g</b>	kidney beans
<b>500 ml</b>	vegetable broth
<b>2 tsp</b>	Chili powder
<b>1 tsp</b>	Cumin
<b>1 tsp</b>	Paprika
<b>1 tsp</b>	Salt
<b>0.5 tsp</b>	Black pepper
<b>2 tbsp</b>	Olive oil
<b>20 g</b>	fresh cilantro
<b>2 tbsp</b>	Lime juice

## Directions

### Step 1

Stove

Heat olive oil in a large pot over medium heat. Add diced onion, minced garlic, and diced red bell pepper. Cook until vegetables are softened, about 5 minutes.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

### Step 2

Stove

Crumble tempeh into the pot and cook for 3-4 minutes, until lightly browned.

**Prep Time:** 0 mins

**Cook Time:** 4 mins

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### Step 3

Stove

Add chili powder, cumin, paprika, salt, and black pepper to the pot. Stir to coat the vegetables and tempeh with the spices.

**Prep Time:** 0 mins

**Cook Time:** 1 mins

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### Step 4

Stove

Add canned diced tomatoes, kidney beans, and vegetable broth to the pot. Bring to a boil, then reduce heat and simmer for 20 minutes.

**Prep Time:** 0 mins

**Cook Time:** 20 mins

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### Step 5

Remove from heat and stir in fresh cilantro and lime juice. Serve hot.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

**Calories:** 250 kcal

**Fat:** 10 g

**Protein:** 15 g

**Carbohydrates:** 30 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	8 g	21.05%	32%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
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	50 mg	55.56%	66.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	10 mg	1%	1%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	20 mg	250%	111.11%
Potassium	600 mg	17.65%	23.08%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Picnic

### Cuisines

French Greek German American

### Nutritional Content

Low Calorie Low Carb Low Sodium High Calcium

### Kitchen Tools

Blender

### Course

Main Dishes Salads Soups Snacks Sauces & Dressings

### Cultural

Chinese New Year Cinco de Mayo Hanukkah

## Meal Type

Lunch

Dinner

Snack

## Difficulty Level

Medium

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