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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

300 g	tempeh
150 g	onion
3 cloves	garlic
150 g	Red Bell Pepper

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

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

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

Step 5

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

Prep Time: 0 mins

Cook Time: 0 mins

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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