

Summer Chili

"The Woman's Day Everyday Cookbook"
Palm Beach Post

Servings: 6

1 tablespoon olive oil
2 teaspoons olive oil (additional)
2 smallish poblano peppers (or 4 1/2 ounces canned, chopped green chili peppers, drained)
1 medium yellow or sweet onion
3 medium cloves garlic
1 medium zucchini
3 ears fresh corn
14 ounces extra-firm tofu
1 can (15 oz) no-salt-added black beans
1 can (15 oz) no-salt-added pinto beans
1 can (28 oz) low-sodium crushed tomatoes, with juices
1 can (14 1/2 oz) no-salt-added diced tomatoes, with juices
3 tablespoons chili powder
1 tablespoon ground cumin
1 teaspoon fine sea salt

Heat the oil in a large pot over medium-high heat.

As you prep each of the following ingredients, toss them into the pot.

Stem and seed the poblano peppers then coarsely chop (to yield about two cups).

Cut the onion into small dice (about one cup).

Mince the garlic cloves to yield one tablespoon.

Cook for about 5 minutes, stirring, until the vegetables have softened. Adjust the heat as needed to keep the garlic from browning.

Trim off the zucchini ends and cut the remaining zucchini into 1/2-inch dice (to yield about 1 3/4 cups).

Shuck the corn and discard any silk. Cut the kernels from the ears to yield at least three cups.

Drain the tofu or pat it dry with paper towels. Cut it into 1/2-inch cubes.

Drain and rinse the black beans and pinto beans.

Add the zucchini, tofu, corn, black beans, pinto beans, crushed tomatoes, diced tomatoes, chili powder and cumin (to taste). Stir gently to mix well.

Once the mixture starts to bubble at the edges (increase the heat as needed if you had reduced it because of the garlic), then reduce the heat to medium-low and cook for 20 minutes.

Stir in the salt to taste.

Serve hot.

Serving Ideas: Serve with baked tortilla chips.

Yield: 12 cups

Per Serving (excluding unknown items): 144 Calories; 8g Fat (43.0% calories from fat); 9g Protein; 14g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 54mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 1 Fat; 0 Other Carbohydrates.