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Spicy Tofu Chili Recipe




Summary ▾


Cuisine	American	Course	Side Dish
Speciality	Part of Menu	Main Ingredient	Tofu




Tofu Flexitarian Kids Friendly


Ingredients ▾


 Canned chili, seasonings and tofu turn this into a zesty high protein dish.

 1/2 pkg (7 oz) House Premium or House Organic Tofu Med Firm or Soft, drained

 1 (15 oz) can chili [beans](#) or low-fat chili

 1 1/2 tsp chili powder

 1 tsp garlic powder

 1/3 cup chopped [green onions](#)

 1/3 cup grated fat-free or low-fat cheddar cheese (optional)

Directions ▾

Coat pan with non-stick [cooking spray](#). Over medium high heat, stir-fry crumbled tofu with beans, garlic and chili powder. Cook uncovered for 7-9 mins so liquids evaporate & [flavors](#) blend. Sprinkle with green onions before serving & shredded cheese if desired.