



Makes 6 cups
Preparation Time: 20 minutes
Cook Time: 25 minutes

INGREDIENTS:

1 onion, finely chopped (1 cup)
1 red bell pepper, finely chopped (1 cup)
1 green bell pepper, finely chopped (1 cup)
1 tablespoon finely chopped fresh jalapeño chile (see tip in recipe intro)
6 cloves garlic, minced
1 15-ounce can diced fire-roasted tomatoes, undrained
1 8-ounce package tempeh, crumbled (1½ cups)
1 15-ounce can kidney beans, rinsed and drained (1½ cups)
½ cup fresh or frozen corn kernels
1 tablespoon chili powder
1 tablespoon paprika
1½ teaspoons onion powder
½ teaspoon ground cumin
½ teaspoon ground oregano
1 tablespoon lemon juice
Sea salt, to taste

Tempeh Chili

Crumbled **tempeh** makes a hearty, almost meatlike addition to this zesty chili. Tip: Chile peppers contain oils that can irritate your skin and eyes. Wear plastic or rubber gloves when working with them.

If gluten is a concern, be sure to look for tempeh that is labeled as gluten-free, as cross-contamination can be an issue.

By Darshana Thacker Wendel

- 1 In a large saucepan cook onion, bell peppers, jalapeño, and garlic over medium 10 minutes, stirring occasionally and adding water, 1 to 2 Tbsp. at a time, as needed to prevent sticking.
- 2 Stir in the next nine ingredients (through oregano) and 2 cups water. Bring to boiling; reduce heat. Cover and simmer 20 minutes more or until vegetables are tender and chili thickens. Stir in lemon juice and season with salt.