



Makes 13 cups
Preparation Time: 25 minutes
Cook Time: 20 minutes

INGREDIENTS:

1 tablespoon extra virgin olive oil (optional, [learn more](#))

1 cup chopped onion

1 cup chopped green bell pepper

1 cup chopped celery

1 fresh jalapeño chile, seeded (optional) and finely chopped (see tip, recipe intro)

6 cloves garlic, minced

2 tablespoons no-salt-added tomato paste

1 8-oz. package tempeh, crumbled

1 tablespoon chili powder

2 cups low-sodium vegetable broth

1 28-oz. can no-salt-added diced tomatoes, undrained

2 15-oz. cans no-salt-added kidney beans, undrained

2 cups dried whole wheat macaroni

Sea salt and freshly ground black pepper, to taste

Sliced scallions, chopped fresh cilantro, and/or fresh jalapeño slices (optional)

One-Pot Spicy Tempeh Chili Mac

This spicy [vegan mac](#) gets beefed up with [tempeh](#) crumbles, and because it uses just one pot, it's super easy to clean up. Kidney beans add extra staying power, while a spicy aromatic tomato sauce—featuring tomato paste, canned tomatoes, and finely chopped fresh jalapeño—coats every inch of the earthy whole wheat macaroni elbows. And because this plant-based tempeh chili mac is free from meat and dairy, you will leave the table feeling satisfied but not stuffed.

Tips

Wear gloves: Chile peppers contain oils that can irritate your skin and eyes. Wear plastic or rubber gloves when working with them.

Gluten-free: This recipe can be made gluten-free if you choose gluten-free options for the following ingredients: macaroni (or other pasta), tempeh, and chili powder.

Optional oil: This is a [Forks Flex Recipe](#), which means it includes a small amount of optional oil. If you include the oil, you'll add 30 calories, 3.5 g total fat, and 0.5 g saturated fat per serving.

For more inspiration, check out these tasty ideas:

- [Vegan Chili Mac and Cheese](#)
- [Mini Vegan Mac and Cheese Casseroles](#)
- [Southwestern Vegan Mac and “Cheese”](#)
- [Mac and Cheese with Roasted Veggies](#)

By Nancy Macklin, RDN

- 1** For oil-free: In a 5- to 6-quart Dutch oven cook the onion, bell pepper, celery, chile, and garlic over medium-high 5 minutes, stirring frequently and adding water, 1 to 2 tablespoons at a time, as needed to prevent sticking. *(If using oil: In a 5- to 6-quart Dutch oven heat oil over medium-high, then add the next five ingredients, through garlic, and cook 5 minutes, stirring occasionally.)* Stir in tomato paste; cook 2 to 3 minutes or until there is some browning. Add tempeh and chili powder; cook 1 minute. Add broth, tomatoes, kidney beans, macaroni, and 2 cups water.
- 2** Bring to boiling; reduce heat. Cover and simmer 20 minutes or until pasta is tender, stirring occasionally. Season with salt and black pepper. Top servings with scallions, cilantro, and/or jalapeño slices.