

Vegetarian Chili

(prep time-about 40 min)
(serves 6-8 persons)



INGREDIENTS

2 tbsp olive oil	3 cups tomatoes
2 hot green chilies	chopped $\frac{3}{4}$ cup tomato paste
minced $\frac{1}{4}$ tsp asafoetida powder	3 cups cooked kidney beans
$\frac{1}{2}$ cup diced green peppers	1 cup frozen tofu (frozen, thawed & crumbled)
$\frac{1}{2}$ cup diced celery	1 tsp ground cumin
$\frac{1}{2}$ cup cooked corn pieces	1 $\frac{1}{2}$ tsp salt
$\frac{1}{4}$ tsp ground black pepper	1 tsp cayenne pepper
1 tbsp brown sugar	2 tbsp chopped fresh parsley

PROCEDURE

- Heat the oil in a heavy saucepan over moderate heat.
- When the oil is hot, add the minced green chili and sauté for 1 minute.
- Add the asafoetida powder and sauté momentarily. Add the diced pepper and celery.
- Sauté, stirring occasionally, for 5 minutes or until the vegetables are soft.
- Add the cooked corn and the chopped tomato and cook, stirring occasionally, for another 10 minutes.
- Add all the remaining ingredients and simmer for 20 minutes, stirring occasionally.
- If the chili is too thick, add some reserved bean liquid. Serve hot.

