



Photo: Vera von Stamm

Chili without Meat

Ingredients (serves 10)

- 300 g soy granules
- 1000 ml vegetable broth
- 7 tbsp oil
- 7 cloves garlic
- 5 onions
- 2 red chili peppers
- 2 1/2 tsp red paprika powder
- 125 g tomato paste
- 5 carrots
- 2 kg can of tomatoes
- 620 g kidney beans
- 2 1/2 cans of Corn
- Salt, pepper
- Sugar
- Fresh parsley

Serving suggestion

Serving together with

- Rice



Preparation

1. Peel and quarter garlic, onions and carrots or chop the garlic.
2. Soak the soy granules in hot vegetable broth for 5-10 min. and then drain.
3. Heat the oil in a hot pan and fry the soy granules with the carrot and onion cubes.
4. Add paprika powder, chili, garlic and tomato paste and fry briefly.
5. Add tomatoes, broth, kidney beans and corn and simmer for about 20-25 min over low heat.
6. Season with salt, pepper and a little sugar.
7. Meanwhile, cook the rice according to the package instructions.
8. Chop the parsley and sprinkle it on the finished dish.

Variations

Replace the 2 kg canned tomatoes with 5 red peppers



<https://meinbdp.de/display/bula22/Rezepte>