

Vegan chilli con carne



Ingredients

200g smoked tofu minced in food processor, 2 medium onions sliced and chopped, 2 cloves garlic chopped, 1 medium pepper chopped, 1x400g can tomatoes, 1x400g can kidney beans, 1 tsp chilli powder or 1tbsp chilli sauce, 1tbsp Worcester sauce, 2 tbsp brown sugar.

Preparation

1. Gently fry onions and pepper.
2. Meanwhile, mix chilli sauce or powder, Worcester sauce and brown sauce In a bowl.
3. Add tofu and continue to fry until mixture has browned.
4. Add tomatoes and beans.
5. Add chilli powder or chill sauce mix.
6. Simmer gently for 1 hour, season and adjust chilli content to taste.

Serve with green salad, and rice (why not wild rice?), baked potatoes, or tradi grains.

Serves 4