

Joy of Living Cooking School

January 2022 - Chili

Lentil Chili (6 Servings)

- 1 medium Onion, large dice
- 1 Red Bell Pepper, large dice
- 15 oz crushed tomatoes, no salt added
- 2 tablespoons Tomato Paste
- 15 oz can Black Beans, drained and rinsed
- 1 cup dried Green or Brown lentils, rinsed
- 3/4 cup uncooked Quinoa, rinsed
- 2 tablespoons 'Chili Seasoning'
- 1 tablespoon ground Cumin
- 1 teaspoon dried Oregano
- 1 teaspoon Garlic Powder
- 4 cups Vegetable Broth, reduced sodium



Nutrition Facts	
Servings: 6	
Amount per serving	
Calories	232
	% Daily Value*
Total Fat 2.9g	4%
Saturated Fat 0.5g	3%
Cholesterol 0mg	0%
Sodium 519mg	23%
Total Carbohydrate 37.8g	14%
Dietary Fiber 9.1g	32%
Total Sugars 3.7g	
Protein 14.2g	
Vitamin D 0mcg	0%
Calcium 62mg	5%
Iron 4mg	24%
Potassium 712mg	15%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calories a day](#) is used for general nutrition advice.

Recipe analyzed by **verywell**

Combine all ingredients into a pressure cooker and stir well to combine. Apply the cover and seal according to the manufacturer's directions. Set for 7 minutes on high pressure. After the time expires, allow to naturally reduce pressure for 10 minutes. After 10 minutes, quick release the pressure.

Serve warm.

Slow Cooker Method: Combine all ingredients into the cooking chamber of a slow cooker. Stir well to combine. Add an additional 2 cups of water. Cook for 8 hours on low.

'Chili Seasoning' (about 24 tablespoons)

- 6 Bay Leaves, dried
- 2 teaspoons Basil, dried
- 1/2 cup Parsley, dried
- 1 tablespoon Oregano, dried
- 1 1/2 teaspoon Onion Powder
- 1/2 teaspoon Garlic Powder
- 1/4 cup Smoked Paprika
- 6 tablespoons Cumin Powder

Combine bay leaves, basil, parsley, and oregano in a spice grinder and blend until finely powdered. Pour into a medium mixing bowl and add the remaining ingredients. Stir to combine.

Store in an airtight container. Good for up to 6 months.

Nutrition Facts	
Servings: 24	
Amount per serving	
Calories	10
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0.1g	0%
Cholesterol 0mg	0%
Sodium 4mg	0%
Total Carbohydrate 1.6g	1%
Dietary Fiber 0.7g	2%
Total Sugars 0.2g	
Protein 0.5g	
Vitamin D 0mcg	0%
Calcium 21mg	2%
Iron 1mg	8%
Potassium 64mg	1%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calories a day](#) is used for general nutrition advice.

Recipe analyzed by **verywell**

Joy of Living Cooking School

January 2021-South of the Border

Hearty Chili (8 Servings)

- 1 medium Onion, small dice
- 4 cloves garlic, minced
- 2 28 oz cans diced tomatoes, no salt added
- 2 tablespoons 'Chili Seasoning'
- 1 tablespoon ground Cumin
- 1 teaspoon Agave
- 1 teaspoon Smoked Paprika
- 6 tablespoons Nutritional Yeast
- 6 tablespoons Liquid Aminos
- 2 16 oz blocks Tofu, extra firm, drained



Nutrition Facts	
Servings: 8	
Amount per serving	
Calories	179
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	% Daily Value*
Total Fat 3.7g	5%
Saturated Fat 0.7g	3%
Cholesterol 0mg	0%
Sodium 579mg	25%
Total Carbohydrate 27.8g	10%
Dietary Fiber 7.7g	28%
Total Sugars 10.6g	
Protein 14.2g	
Vitamin D 0mcg	0%
Calcium 183mg	14%
Iron 4mg	24%
Potassium 972mg	21%
<small>*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Recipe analyzed by verywell</small>	

Preheat the oven to 350° F.

Heat a large pot over medium-high heat for 3 minutes. Add the onions and stir, adding small amounts of water as needed to reduce sticking. Cook for 3-5 minutes until the onions are soft and are beginning to have a golden color. Add the garlic and cook until the garlic smell is very fragrant, about 30 seconds. Add the diced tomatoes. Stir to combine. Add the seasoning, cumin, agave, and paprika. Bring to a boil. Reduce the heat to simmer, cover and cook for 60 minutes, stirring frequently to prevent sticking.

While the chili base is simmering, combine the nutritional yeast and liquid aminos in a large mixing bowl. Mix until it is a thick paste. Crumble the tofu over the paste. Stir until all the tofu is evenly coated. Place a piece of foil or parchment paper on a large baking sheet. Pour out the tofu onto the sheet and spread the tofu into an even layer separating the crumbles from each other as much as possible. Place in the oven for 45 minutes, stirring the mixture about every 10 minutes for even browning. Some larger pieces will remain slightly white while smaller pieces will get quite crispy and dark.

When the tofu crumbles are browned, remove them from the oven and add to the chili base. Stir well to combine. Continue to cook for 5 minutes.

Serve warm.