



Vegan Chili



Time: 30 min.

Difficulty: Medium

Ingredients (6 people)

• Ingredients

- Chopped Tomatoes 3x400g 800 gr
- Black pepper to taste
- Cumin 1 pinch
- Dehydrated soy flakes 400 g
- Drained red beans 250 g
- Extra Virgin olive (EVO) oil as required
- Onion 1
- Paprika 1 pinch
- Powdered cinnamon 1 pinch
- Red Hot Pepper a little one
- Red Pepper 1/2
- Salt to taste
- Yellow pepper 1/2

For this recipe we used:



Preparation

Rehydrate the soy flakes in a pot, covering them with water and cooking until absorbed, then let cool, drain and squeeze the soy to eliminate water in excess.

Now mince the onion and dice the yellow and red peppers. Remove the seeds from the red hot pepper and finely slice it.

Warm up a pan, put the Evo oil, the vegetables and the soy flakes and simmer for some minutes, then add **Pomì chopped tomatoes**, cumin, cinnamon, salt and black pepper and cook for 25 minutes, gradually adding hot water (or vegetable broth) if needed.

In the end add the beans and end the cooking, then serve.