

# Chili Con Tofu

From Anita and Arthur Jones who discovered the recipe in "Tofu Goes West".

## *Sauté:*

1 Medium onion, chopped  
2 Heads of garlic, minced  
(2-3 tbs oil)

## *Add:*

2 cans diced tomatoes (with sweet onions and roasted garlic)  
1 can pinto beans  
3  $\frac{1}{2}$  cups cooked kidney beans  
1  $\frac{1}{4}$  cup of bean juice (or water)  
2 tsp chili powder (or to taste)  
1 tsp curry  
1 bay leaf  
1 tsp black pepper  
1 tsp red pepper  
1 tbs HONEY  
1 lb TOFU (freeze overnight thaw next day, rinse squeeze dry and crumble)  
1 Italian red pepper (diced)  
1 green pepper (diced)

Bring to a boil and let simmer at least an hour, the longer the better.

Serves 8