

# Hearty Tofu Chilli

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*This hearty tofu chilli has bags of feel good flavour. It's super filling, and although it requires some preparation, it is well worth the effort. Serve over rice with some garlic bread.*

## Ingredients:

115g dried flageolot beans, soaked overnight  
75g dried kidney beans, soaked overnight  
75g dried lentils, soaked overnight  
2 x 400g tins chopped tomatoes  
1 onion  
1 red onion  
2 celery stalks  
3 green chillies  
1 green pepper  
1 red pepper  
1 pack of mushrooms  
100g fresh green beans  
250g firm tofu, drained and crumbled  
Salt and pepper  
Chilli powder to taste

## Directions:

1. Finely dice the onion, red onion and celery stalks. Slice the chillies in half and remove the seeds with the back of your knife. Finely dice the flesh. Slice the peppers in half and remove the seeds and pith. Dice the flesh. Thinly slice the mushrooms and dice the green beans.
2. Drain and rinse the soaked beans and lentils. Place into a pot and cover with water. Boil for an hour then drain. Place back into the pan and add the tomatoes, onion, red onion, celery, green chillies, green pepper, red pepper, mushrooms, green beans and tofu. Season with salt, pepper and chilli powder to taste then simmer for 2-3 hours until the chilli is soft and the desired texture reached.

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