Vegetarian Chili

Servings: 4  Serving Size: 2 cups

Nutritional Information (per serving):
Calories 314, Fat 6g, Carbohydrates 46g, Protein 19g

Ingredients
1 tablespoon olive oil
1 small yellow onion, chopped (approximately ½ cup)
12-ounces extra-firm tofu, cut into small pieces
2 cans (14 ounces each) diced tomatoes with no added salt
1 can (14 ounces) kidney beans with no salt added, rinsed and drained
1 can (14 ounces) black beans with no salt added, rinsed and drained
3 tablespoons chili powder
1 tablespoon oregano
1 tablespoon chopped fresh cilantro

Directions
1. In a soup pot, heat the olive oil over medium heat. Add the onions and sauté until soft and translucent, about 6 minutes.
2. Add the tofu, tomatoes, beans, chili powder, and oregano. Bring to a boil.
3. Reduce heat and simmer for at least 30 minutes.
4. Remove from the heat and stir in cilantro. Ladle into individual bowls and serve immediately.