

Chili "con soya" with Beans

Serves: 50

Ingredients	Measure
Soy crumbles (frozen)	7 pounds
Vegetable oil	6 Tablespoons
Whole tomatoes	One #10 can
Chili seasonings packet mix	11 ounces
Water	2 cups
Canned pinto or kidney beans	8 pounds

Method:

Thaw crumbles and gently reheat with oil.

Purée tomatoes with their liquid until a smooth consistency and add to crumbles. Add chili seasonings. Add water. Bring to a boil. Reduce heat. Cover and simmer slowly, stirring occasionally until thickened, about 40 minutes. Drain beans and stir into pot. Cover and simmer. Stir occasionally. Pour into serving pans. Portion with 4-ounce ladle (3/4 cup). Garnish with optional cheddar cheese (vegan soy cheese can be used).

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This recipe was tested in several schools in Illinois as part of the ISoy study. It was as well received as the original recipe used ground beef instead of soy.

Source: <http://www.vrg.org/fsupdate/fsu20062/fsu20062recipes.htm>