

CHILI CON SOYA

Matrix Code CB401 for StartOver.xyz (revised 8 December 2018 by Clinton Callahan)

(serves 10-12 people)

INGREDIENTS [in deutsch]

450 grams (1 pound) dried soy chunks (medium sized) [Sojaschnetzel]
5 Tablespoons soy sauce [5 EL Sojasauce]
1.25 liters (5 cups) strong heated vegetable boullion. Pour over soy chunks to soften them 30 min. [1,25 l kräftige Gemüsebrühe zum Einweichen der Sojaschnetzel]

3 fresh red bell pepper, de-seeded and sliced into 1 inch squares [2cm x 2cm]
4 medium onions diced
4 garlcs minced
6 carrots washed and chopped small
6 cups canned tomatoes chopped
4 cans red kidney beans [4 Dosen]
330 grams (12 ounces) tomato paste [tomaten Mark]
Olive oil for sautéing the vegetables
4 bay leaves [Lorbeerblätter]
1 Tablespoon cumin powder
4 Tablespoons chili powder spice mix
(sweet paprika + cumin)
½ teaspoon powdered cinnamon
A tiny pinch of hot Cayenne pepper powder



SIDE DISH ALTERNATES

2 ounces organic corn chips per person. These should be unflavored, natural, non-GMO corn, with the only ingredients being corn, sunflower oil, and sea salt. In NO CASE use chips with MSG or Rape Seed Oil or Canola Oil!!!

Or serve with SQUASH CORN BREAD or AMERICAN CORN BREAD. (Recipes are in the *Possibilica Cookbook*, but [do not give your center away](#) to the Cookbook!)

INSTRUCTIONS

Let the dry soy chunks soak in hot vegetable broth for 20 minutes until soft, then drain.

At the same time, in a large soup pot, sauté the chopped vegetables over medium heat in olive oil for 5 to 10 minutes until the onions are softened.

Add the tomatoes, tomato paste, spices, and bay leaves and cook until the vegetables are soft.

Drain the kidney beans liquid out of the cans and add the beans plus the softened soy chunks with all other ingredients to the Chili. Stir and cook until flavors blend, about 30 minutes.

Add salt to taste. You may need to add a bit more water.