

# Game Day Chili

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2007 Winner of Urbana International Beer Tasting & Chili Cookoff

### Seasonings:

2 Tbsp. ground cumin

1 tsp. unsweetened cocoa powder

1-1/2 tsp. ground coriander

1 tsp. salt

2 Tbsp. chili powder

1 tsp. sugar

1 tsp. dried oregano

1/4 tsp. cayenne pepper



### Ingredients:

2 Tbsp. vegetable oil

1 clove garlic, minced

1-1/2 cups tomato juice

1-1/4 cups dry textured soy protein

2 15-oz. cans black beans, rinsed and drained

2 chipotle chilies in adobo sauce (from can), chopped

1 large onion, chopped

1 medium green bell pepper, chopped

3 cups vegetable or beef broth

1 14.5-oz. can diced tomatoes

2 15-oz. cans kidney beans, rinsed and drained

Condiments (optional): grated cheese, chopped onions, diced avocado, sliced black olives

- Mix all the seasonings in a small bowl. Set aside.
- Heat the oil in a large pot over medium heat.
- Add onions and sauté until golden.
- Add garlic, bell pepper, and seasoning mixture and sauté for another minute.
- Add the remaining ingredients (except condiments) and mix well.
- Bring to a boil, then reduce heat and simmer, stirring occasionally, for 15 minutes to blend flavors.
- Serve with the optional condiments, if desired.

### Nutrition Information

Per serving (1 ½ cups): 310 calories, 22 g protein, 46 g carbohydrate, 6 g fat (0.5 g saturated), 17 g fiber

*The National Soybean Research Laboratory, located at the University of Illinois, promotes soybean research, education and outreach in the areas of production, nutrition and international development.*

We work hand-in-hand with industry stakeholders including USDA, Illinois Soybean Association, American Soybean Association, United States Soybean Export Council, United Soybean Board, North Central Soybean Research Consortium and the State of Illinois. We also work with many private firms, government agencies and non-government agencies to find ways to incorporate soy and minimize malnutrition, improve economic development of an area and encourage sustainable value chains.