

Healthy white bean chili

by Sarah Bond

This white bean chili is the kind of recipe that surprises you in the best way. The star move here is sauerkraut, which sounds unexpected in a chili but adds a subtle tang that makes all the other flavors pop. Grated tempeh stands in for ground meat so seamlessly that even the most devoted carnivores at the table won't notice what's missing. It's warm, hearty, and deeply satisfying, with all the cozy comfort of a classic chili and none of the cruelty. Top it with a little vegan cheddar and a dollop of vegan yogurt and you've got a bowl that's hard to beat.

Ingredients

- 8 oz tempeh
- 1 tbsp olive oil
- 1 medium white or yellow onion, diced
- 4 cloves garlic, minced
- 1 tsp cumin
- 1 tsp coriander
- 1 tsp oregano
- 1/2 tsp white pepper
- 1/2 tsp salt
- 2 14-oz cans cannellini beans, drained
- 1 14-oz can chickpeas, drained
- 4 cups broth
- 2 cups sauerkraut
- 1/4 cup fresh cilantro, chopped
- 2 tbsp lime juice
- Vegan cheddar cheese and yogurt, for serving

Instructions

1. Grate the tempeh using a box grater.
2. Heat oil in a large pot over medium heat. Add onion and garlic and cook until softened and translucent.
3. Add the grated tempeh, cumin, coriander, oregano, pepper, and salt. Cook until tempeh is lightly browned.

4. Push the tempeh mixture to one side of the pot. Add the beans to the empty side and roughly mash about a third of them.
5. Add broth and sauerkraut and bring to a simmer. Just before serving, stir in cilantro and lime juice.
6. Serve hot, topped with grated vegan cheddar and a dollop of vegan yogurt.