

# Tempeh Chili and Brown Rice

Recipe © Alexandra Caspero, MARD, guest contributor

**Servings:** ~ 7 Cups

## Ingredients:

- 2 cups uncooked brown rice
- 1 cans black beans, drained and rinsed
- 1 can pinto beans, drained and rinsed
- 2 cups frozen corn
- 1 large can diced tomatoes
- 2 jalapeno peppers, diced
- 3 tbsp. taco seasoning
- 1 package tempeh (1lb.)

## Directions:

1. Prepare brown rice per package directions.
2. Prepare tempeh by steaming for about 10 minutes. This step is optional but I like steaming tempeh first before crumbling it. Remove the tempeh from the steamer basket and let cool. Crumble or finely dice, set aside.
3. Heat a large skillet and add the tempeh, corn, beans, tomatoes, seasonings, and jalapeno peppers. Continue to cook over medium-high heat until warmed through, about 15 minutes. Serve over brown rice.

## Nutrition:

### Tempeh Chili - 1 cup

<i>calories:</i> 257	<i>protein:</i> 19.3g	<i>total carbohydrate:</i> 33.4g	<i>total fat:</i> 7.6g
<i>sugars:</i> 3.3g	<i>sodium:</i> 774mg	<i>dietary fiber:</i> 7.1g	<i>saturated fat:</i> 1.4g

### Brown Rice: $\frac{3}{4}$ cup

<i>calories:</i> 164	<i>protein:</i> 3.4g	<i>total carbohydrate:</i> 34.4g	<i>total fat:</i> 1.2g
<i>sugars:</i> 0g	<i>sodium:</i> 1.5mg	<i>dietary fiber:</i> 2.8g	<i>saturated fat:</i> 0g