

Vegetarian Black Bean Chili Recipe | Easy Bean Chili Recipe



Yesterday I have posted the recipe for [cornbread](#), which is a best accompaniment for vegetarian black bean chili recipe. This is very simple and protein packed dish which can be made so quickly with canned beans. If you want to make chili recipe with dried beans, that's a long and time consuming process in stove top or if you want to make in pressure cooker then it

would be easy. But this chili version is easy, healthy and vegetarian. Here in this recipe, onion, garlic, tofu and beans are cooked with spice mix, later it was simmered for few mins to blend the flavors. Finally top it with sour cream or cheese and green onion. Serve it with hot [jalapeno cheddar corn bread](#) or tortilla chips. You can have this chili and [corn bread](#) for lunch or perfect for cold winter dinner.

Preparation Time : 10 mins

Cooking Time : 15 mins

Makes : 2 Servings

Ingredients

1 Can(15 Oz) of Black Beans

2 Tsp of Olive Oil

8 oz of Tofu, Finely Chopped

1/2 Cup of Onion, Chopped

2 Garlic Cloves

2 Tsp of Chili Seasoning Mix, I used McCormick

1 Tomato, Chopped

Black Pepper and Salt to taste

1/2 Cup of Water

To Garnish

1 Tbsp of Sharp Cheddar Cheese

1 Green Onion, Chopped



Method

- Heat oil in a pan, add chopped onion and garlic, saute this for 2 mins until it turns golden brown color.
- Add tomato, saute this until it turns soft. Add black beans, Tofu, chili powder, black pepper powder and salt, Saute this for 2 mins, add water, reduce the flame, cover and cook it for 10 -12 mins until it turns thick in consistency and stirring occasionally.
- Finally garnish it with chopped green onion and cheddar cheese.
- Enjoy hot, yummy vegetarian black bean chilli with [jalapeno cheddar corn bread](#).

Tips

- You can make this chili recipe with other beans like red beans.
- You can add corn or any veggies like squash to this dish.
- You can top it with sour cream in place of cheese.
- Serve it with corn bread or tortilla chips.

Health Benefits of Black Bean

- Black beans are an excellent source of the trace mineral, molybdenum, an integral component of the enzyme sulfite oxidase, which is responsible for detoxifying sulfites.
- Good for diabetes and rich in dietary fiber.
- Lowers cholesterol levels.
- Rich in antioxidants.



Bean Chilli

Tags : [chili recipe](#), [bean chili recipe](#), [vegetarian bean chili recipe](#), [black bean chili](#), [how to make bean chili recipe](#), [mexican chili recipe](#), [thanksgiving side dish recipe](#), [easychillirecipe](#)

[Jalapeno Cheddar Cornbread](#)

Recipe Without Eggs



I never tasted corn bread before and this is my first time, I tried and tasted this corn bread. It came out so good, moist and delicious. My husband who loves Mexican food and has tasted corn bread before, so after he tasted my corn bread and said that " this was the best corn bread I have tasted". I was very happy and I was in cloud nine 🥰 🥰 This easy homemade corn bread recipe is without eggs and butter. To make this corn bread more flavorful and spicy, I added jalapenos and

cheddar cheese to the batter. Jalapenos adds a extra zing to the bread. This dish can be made in a jiffy, it just takes 30 minutes to finish. You can serve this bread for breakfast or lunch or dinner with soups or spicy dishes like vegetarian bean chilli. I will be posting my bean chilli recipe in my next post.

Ingredients

1.5 Cups of Milk
1.5 Tbsp of Distilled White Vinegar or Apple Cider Vinegar
1 Cup of Cornmeal , I used corn flour
1 Cup of All Purpose Flour
3 Tbsp of White Sugar
1/2 Tsp of Salt
1 Tsp of Baking Powder
1 Tsp of Baking Soda
2 Tbsp of Canola Oil
2 Jalapeno's, Chopped
3 Tbsp of Cheddar Cheese



Method

- Preheat the oven to 425 degree F. Lightly oil a 9 *9 inch baking dish.
- In a small bowl, combine the milk and vinegar, and set aside.
- Mix the corn flour, all purpose flour, sugar, salt, oil, baking powder and baking soda in a large bowl. Finally add the milk and vinegar mixture. Stir well with a whisk.
- Pour the batter evenly in the prepared baking dish.
- Bake until the top is golden brown, 25-30 minutes.
- Hot jalapeno corn bread is ready to serve with bean

chilli

Tips

- You can serve it for breakfast with soups or spicy dish like chilli.
- The recipe calls for cornmeal, but I used corn flour.
- Both are ground corn. Difference is cornflour is usually ground to a fine texture than cornmeal.
- Add frozen corns to the batter, for crunchiness.
- If you don't get jalapenos in your place, replace it with any chilly.
- If you don't want jalapeno and cheese, just skip it and make a plain corn bread.
- If you want vegan version, just replace milk with non diary milk such as soy or almond milk.

Health Benefits of Corn

- Good source of dietary fiber.
- Fiber in corn helps to reduce blood cholesterol and reduces the risk of cardiovascular disease.
- Rich source of vitamin folate helps in support of cardiovascular problems.
- Controls diabetes and hypertension.
- Prevents anemia.
- Good for eyes and skin.



Cornbread Recipe

Tags : [cornbread](#), [cornbread recipe](#), [how to make cornbread](#), [cornbreadrecipe without eggs](#), [jalapeno cheddar cornbread recipe](#), [jalapenocornbread](#), [thanksgivingrecipe](#), [americanrecipe](#), [baking](#), [breadrecipe without eggs and butter](#).

Mushroom Tomato and Cucumber Sandwich | No Cheese Sandwich



I start most of my days by having sandwiches with vegetable fillings and this is one of among them. This is very easy and quick to fix sandwich with mushroom, tomato and cucumber as filling, for flavoring, I added Italian seasoning, salt and pepper. This is a heart healthy sandwich which has no

cheese in it and I used whole wheat bread, so this is very healthy and filling sandwich that can be made in minutes. You can have this no cheese sandwich for breakfast or lunch or dinner.

Preparation Time : 10 Mins

Cooking Time : 10 Mins

Makes : 1 Sandwich

Ingredients

2 Whole Wheat Bread
6 Slices of Mushroom
4 Slices of Tomato
4 Slices of Cucumber
2 Tbsp of Chopped Yellow / Red Onion
1/8 Tsp of Italian Seasoning
2 Tbsp of Mayonnaise, I used Vegennaise
Dash of Salt and Pepper
Red Wine Vinaigrette to taste
1 Tsp of Olive Oil

Method

- Wash and slice the cucumber, tomato and mushroom. Finely chop the onion.
- Heat olive oil in a pan, add onion, mushroom, salt, pepper and Italian seasoning, saute this for 2-3 mins in a medium high flame, until it turns mushroom turns soft. Once it done, turn off the flame.
- Toast the bread in a toaster or cast iron pan.

For The Sandwich Build

- Apply mayonnaise or vegennaise on each side of the bread.
- Place the sauted mushroom and onion, cucumber and tomato.

- Assemble your sandwich by gently pressing the two slices of bread together.
- Yummy sandwich is ready to serve.

Tips

- You can use wheat bread or white bread(maida)
- You can use chopped lettuce to this sandwich.
- Use sharp cheddar cheese or earth balance (dairy free-vegan option) for more richness and creaminess.
- Use butter in place of olive oil.

Health Benefits of Mushroom, tomato and Cucumber Sandwich

- Whole wheat bread are rich in fiber, reduce the risk of cardiovascular disease and diabetes.
- Mushroom are rich in protein, vitamin B, D and antioxidants, boost your immune system.
- Tomatoes are rich vitamin A,C, K, beta-carotene, a natural cancer fighter and good for skin.
- Cucumber re-hydrates the body, good for skin, aids in weight loss and fight against cancer.

1. Rich in fiber, helps in proper functioning of digestive tract and lowers the cholesterol and metabolic syndromes.
2. Reduce the risk of cardiovascular disease

Read more at <http://foody-buddy.blogspot.com/2013/09/whole-wheat-bagels-how-to-make-bagels.html#trLQpp37hDxhA0TY.99>



Tags : [sandwich](#), [no cheese sandwich](#), [quick and healthy vegetarian sandwich](#), [mushroom sandwich](#), [mushroom](#), [tomato and cucumber sandwich](#), [how to make vegetarian sandwich breakfast ideas](#)