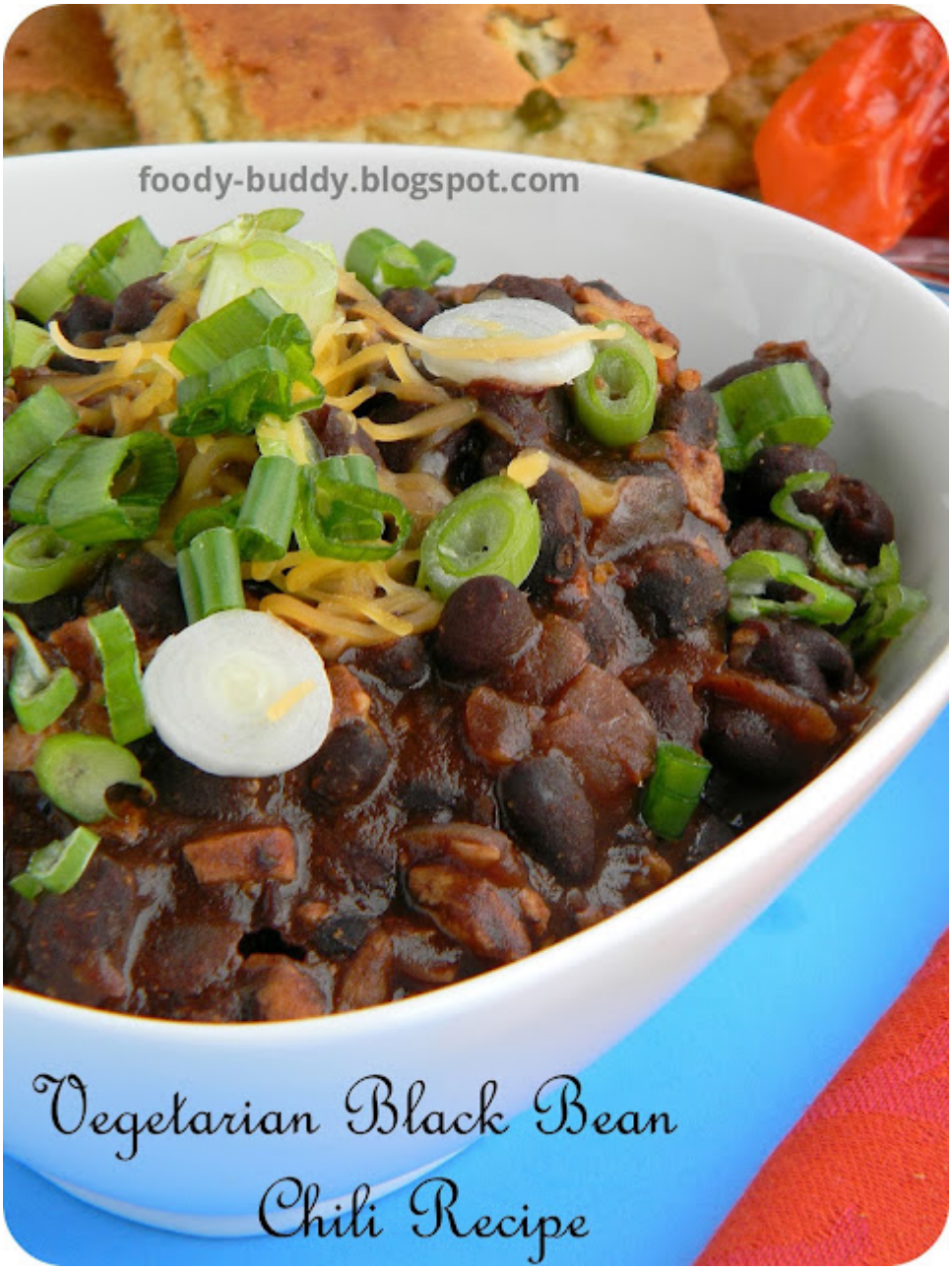
# Vegetarian Black Bean Chili Recipe | Easy Bean Chili Recipe




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.




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

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# How to make Good Cup of

# English Tea with video




Tea is very good for health as it has a lot of health benefits. Recently I have been to a place called Teavana in my nearby mall, where I saw lots and lots of tea from all over the world like black tea, oolong tea, white tea, green tea, puerh tea and variety of herbal tea and flavored tea. Tea is more than just a hot drink that is consumed by people everyday of the year, throughout the world. Everyone brew their tea in a different ways.  I love Indian method and UK method .Let see how to make a good cup of English tea..

## How to make good cup of

# British Tea

**Ingredients**

- A Tea Kettle
- A Ceramic Tea Pot
- 2 Tsp of Loose Tea or Tea Bags
- Tea Strainer
- 150 ml of Water
- 2-3 Tsp of Sugar, I used Brown Sugar
- 2 Tbsp of Milk

**Serving** : 1

**Method**

- Boil the water in a kettle to a boiling point. In the mean time, preheat the tea pot by adding hot tap water. After 2 mins, empty out the water from tea pot. This is called ” Warming the pot”. This is absolutely essential. You cannot make a nice cup of tea in a cold tea pot.
- Add the loose tea or tea bags to the tea pot. Now pour the boiling water from the kettle to the tea pot containing tea.
- Wait for 5 mins to let tea steep, more or less depending on what tea you are making and the recommended brewing time for black tea is 3-5 mins.
- Add milk to the cup, then place the stainer and pour the tea from tea pot to a cup, add sugar, stir well.
- Drink the cup of tea at a leisure place and enjoy the goodness of tea. Accompanied with biscuits or cake or scones or any other snack.
- Here is a video for making an English cup of tea.

## Tips

- Brewing time for black tea is 3-5 mins.
- You can also have tea with or without milk.
- You can add milk at two stages, one is before adding the brewed tea and second is after adding the brewed tea.
- Warming the tea pot is most essential step in making tea.
- You can follow the same step by using tea bags .




## Health Benefits of Black Tea

- Boosts the immune system.

- Lowers the risk of heart disease.
- Rehydrates the body.
- Prevents cancer.
- Good for brain, dental and bone health.

Tags: british tea, british cup of tea, how to make british cup of tea, how to make good cup of English tea, english tea recipe, prepare good tea at home