

## Daddy's Chili

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**Prep Time:** 12 hours  
**Cook Time:** 3 hours

**Servings:** 16

"This is a combination of all of my favorite chili recipes that I have made of the years. I call it daddy's chili because my son will eat this like a treat. I highly suggest doing the dried bean version but it is somewhat of a pain. Make sure to rinse your beans as this helps diminish the musical side effects of eating beans."

### INGREDIENTS:

2 TBS Olive Oil  
2 TBS Oregano  
1 TBS Salt  
3 tsp of Garlic  
1 tsp Cumin  
2 tsp Black Pepper  
2 Bay Leaves  
1/4 cup Chili powder  
1 1/2 TBS Worcestershire Sauce  
3/4 cup Ketchup  
3 carrots, chopped  
1 onion chopped  
2 celery chopped  
2 peppers chopped (I prefer Orange and Yellow)  
12 OZ of veggie burgers (chopped into small pieces)  
1 lbs of ground turkey  
1 lbs of med firm tofu (cut into small pieces)  
2 cups of corn  
3 cans of crushed tomatoes (unsalted or adjust the amount of salt as needed)  
2/3 cup dried Kidney beans (or 15 oz can rinsed and drained)  
2/3 cup Garbanzo beans (or 15 oz can rinsed and drained)  
1 cup Black beans (or 15 oz can rinsed and drained)  
1/3 cup Pinto beans (or 8.5 oz of Pinto beans)

### DIRECTIONS:

1. You can skip this step if you use canned beans. Soak beans overnight. Rinse and Drain. Cook the beans in a pressure cooker using natural release method. Cook the black beans, kidney beans and pinto beans for 12 minutes on high. Cook the garbanzo beans for 20 minutes on high.
2. Heat olive oil in a large pot. Stir in the onion, cumin, oregano, salt and turkey. Cook

**DIRECTIONS:** *(continued)*

and stir until the turkey is cooked, then mix in the celery, peppers, garlic, carrots and tofu. When everything is cooked add in the veggie burger and simmer for 10 minutes.

3. Mix in the tomatoes. Season with Chili Powder and pepper. Stir in the beans, ketchup, molasses and Worcestershire sauce. Bring to a boil and reduce heat and simmer for one hour. Stir in the corn and cook for another 5-10 minutes.

