Pomì
O Così. O Pomì.

Vegan Chili



Preparation time: 30 min
Difficulty: Medium

Ingredients

- Black pepper: to taste
- Cumin: 1 pinch
- Dehydrated soy flakes: 14 oz
- Drained red beans: 9 oz
- Extra Virgin olive (EVO) oil: as required
- Onion: 1
- Paprika: 1 pinch
- Powdered cinnamon: 1 pinch
- Red Hot Pepper: a little one
- Red Pepper: 1/2
- Salt: to taste
- Yellow pepper: 1/2

Preparation

Rehydrate the soy flakes in a pot, covering them with water and cooking until absorbed, then let cool, drain and squeeze the soy to eliminate water in excess.
Now mince the onion and dice the yellow and red peppers. Remove the seeds from the red hot pepper and finely slice it.
Warm up a pan, put the Evo oil, the vegetables and the soy flakes and simmer for some minutes, then add **Pomì chopped tomatoes,** cumin, cinnamon, salt and black pepper and cook for 25 minutes, gradually adding hot water (or vegetable broth) if needed.
In the end add the beans and end the cooking, then serve.

For this recipe we used:

None 28,21 oz

