

## Chili Dog sin Carne

Preparation time **10 minutes**

Cooking time **55 minutes**

Servings **5 servings of 2 chili dogs**  
(makes roughly 2 L / 8 cups)

Cost per serving **\$2.37**

Storage **3 days in the fridge.**  
**Store the chili and the bread separately.**  
**Can be frozen.**

Kitchen tools **Cutting board, sharp knife, large pot, wooden spoon, measuring cups and spoons, colander, can opener**



## Ingredients



15 ml (1 tbsp)  
**canola oil**



1 large or 2 small  
**yellow onions**, chopped  
(about 250 ml / 1 cup)



1 **firm tofu** block  
(454g), crumbled



4 **garlic** cloves,  
finely chopped



60 ml (¼ cup)  
**chili powder**



5 ml (1 tsp)  
**ground cumin**



**Salt, pepper** and  
Tabasco-style  
**hot sauce**, to taste



60 ml (¼ cup)  
**ketchup**



30 ml (2 tbsp)  
**molasses**



45 ml (3 tbsp)  
**cider vinegar**



1 can (796 ml)  
**diced tomatoes**



1 can (540 ml) **red kidney beans**, drained and rinsed

OR CANNED CORN

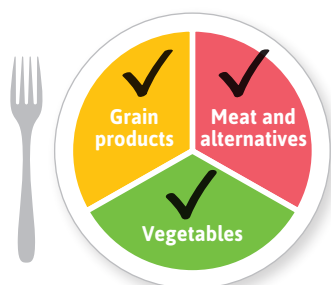


250 ml (1 cup)  
**frozen corn nibs**



10 **hot dog buns**, toasted  
or warmed, if you wish

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### Balanced plate

Serve with:

? Vegetables (salad or raw vegetables, for example) to round out the serving, and a fruit

? A glass of milk or fortified soy beverage

# Directions

- 1 In a large pot over medium-high heat, heat the **oil** and cook the **onion** for about 2 minutes, or until browned.
- 2 Add the **tofu, garlic, chili powder, cumin, salt, pepper** and **hot sauce**. Cook for 2 minutes while stirring.
- 3 Add the **ketchup** and **molasses** and continue cooking while stirring for another minute.
- 4 Add the **vinegar, tomatoes, beans** and **corn**.
- 5 Bring to a boil, then reduce heat to medium-low and simmer gently for about 45 minutes.  
**Tip:** Use the cooking time to prepare your side dishes.
- 6 Serve in the **hot dog buns**.  
**Variations:**
  - Serve the chili in a bowl with toasted pita or tortillas on the side.
  - Chili dogs are great “au gratin”! Just add 15 to 30 ml (1 to 2 tbsp) of grated cheese on top of each prepared bun and grill until the cheese has melted.

My rating: ★ ★ ★

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This original recipe was developed by Extenso - The Université de Montréal reference centre on human nutrition

