

Soy Chorizo with Rice and Beans

1½ cups TSP	1½ tsp. vegetarian bouillon
4 cups water, divided	1 jalapeno chili pepper, chopped
1½ Tbsp. Ancho chili powder	¼ tsp. ground cloves
1 Tbsp. Mexican oregano	2 yellow onions, chopped
1 tsp. black pepper	1½ tsp. vegetarian bouillon
½ tsp. cinnamon	
2 garlic cloves, minced	Enriched long grain rice
1 Tbsp. soybean oil	½ lb. pinto beans
¼ cup vinegar or fresh lime juice	⅛ cup soybean oil

Rehydrate TSP with scant 1 1/2 cups water for least 5 minutes, until tender.

In a small bowl, mix together the Ancho chili powder, oregano, black pepper, cinnamon and garlic.

In a large skillet, heat soybean oil, add cloves, chili peppers and chopped onions. Cook until tender.

Add the rehydrated TSP, and spice mixture. Mix well and cook until heated through. Add vinegar or lime juice and bouillon.

Cook rice and beans. Serve soy chorizo over rice and beans.

Makes 12 servings

Nutrition Facts per Serving: 220 Kcal, 3 g Fat, 36 g Carbohydrate, 10 g Protein, 5 g Fiber, 0 mg Cholesterol, 15 mg Sodium.

Nutrition Facts per Serving replacing TSP ground beef: 276 Kcal, 10 g Fat, 33 g Carbohydrate, 11 g Protein, 3 g Fiber, 25 mg Cholesterol, 40 mg Sodium.