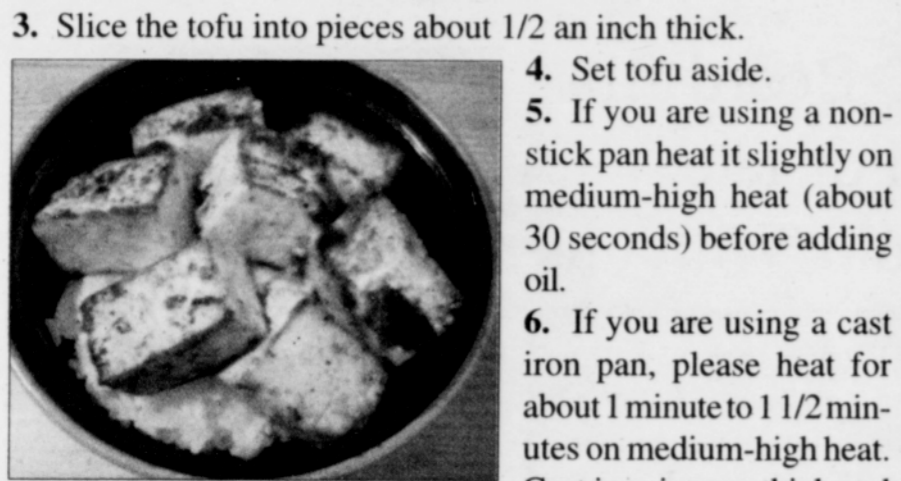


# FOOD

continued from page 8



3. Slice the tofu into pieces about 1/2 an inch thick.
4. Set tofu aside.
5. If you are using a non-stick pan heat it slightly on medium-high heat (about 30 seconds) before adding oil.
6. If you are using a cast iron pan, please heat for about 1 minute to 1 1/2 minutes on medium-high heat. Cast iron is very thick and you want the pan to be heated evenly before adding the tofu.
7. Add oil to heated pan.
8. Gently spread oil over the entire surface of the pan.
9. Set the tofu pieces in the pan, leaving ample room between them. They should sizzle when placed in the oil. Sprinkle the tops with salt and a little cayenne pepper.
10. Now, the MOST IMPORTANT step is -- LEAVE THEM ALONE for about 6 or 7 minutes. Just gently shake them to make sure they don't stick to the pan. Do NOT turn them or agitate them in any other way. When you see a golden crust beginning to creep its way up the sides of the slices, turn them and spice the other side. Add more oil if the pan seems too dry.
11. The second side will only take about 4 minutes to cook.
12. When they are evenly browned take them out of the pan and place them on paper towels to drain.



## Simple Turkey Chili

This is a very simple and hearty chili with plenty of flavor.

### Ingredients

- 1 1/2 teaspoons olive oil
- 1 pound ground turkey
- 1 onion, chopped
- 2 cups water
- 1 (28 ounce) can canned crushed tomatoes
- 1 (16 ounce) can canned kidney beans - drained, rinsed, and mashed
- 1 tablespoon garlic, minced
- 2 tablespoons chili powder
- 1/2 teaspoon paprika
- 1/2 teaspoon dried oregano
- 1/2 teaspoon ground cayenne pepper
- 1/2 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper

### Directions

1. Heat the oil in a large pot over medium heat. Place turkey in the pot, and cook until evenly brown. Stir in onion, and cook until tender.
2. Pour water into the pot. Mix in tomatoes, kidney beans, and garlic. Season chili powder, paprika, oregano, cayenne pepper, cumin, salt, and pepper. Bring to a boil. Reduce heat to low, cover, and simmer 30 minutes.

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