



Vegan Chili

Ingredients:

- 1 1/2 T extra-virgin olive oil
- 2 C (280 g) diced sweet onion (about 1 medium/large)
- 1 T crushed garlic (2 cloves)
- 2 chipotle peppers in adobo sauce, minced (optional)
- 1 C (115 g) finely chopped celery (about 2 large stalks)
- 1 large red bell pepper seeded and diced
- 1 (28-oz/796 mL) can diced tomatoes, with juices
- 1 C (250 mL) low-sodium vegetable broth (or water)
- 3 T tomato paste
- 2 (15-oz/398 mL) cans pinto or navy beans, drained and rinsed; small beans are easier to digest than kidney beans
- 2 T chili powder
- 2 t cumin seeds
- 1 t dried oregano
- 1/2 t sumac (optional)
- 1/2 t turmeric
- 2 C corn.
- 1/2 to 3/4 teaspoon fine grain sea salt, to taste
- 1/4 t ground cayenne pepper (optional)
- 1 t hot sauce (optional)

Directions:

In a large pot, sauté the onion and the garlic in the oil over medium heat until soft and translucent, about 5 minutes. Add spices with a pinch of salt and stir. Add the chipotle, celery, and bell pepper and sauté for another 5 to 7 minutes or so, until softened. Now add the can of diced tomatoes (with the juice), broth or water, and tomato paste. Stir to combine. Increase heat to medium-high. Add the drained and rinsed beans. Simmer the mixture, uncovered, until thickened, about 10 to 15 minutes. Add the corn. Cook 5-10 minutes. Add the cayenne and hot sauce to taste, if using. Season to taste, sometimes lemon juice is fun. Add grated cheese and organic meat for extra protein.