

VEGGIE CHILI

Vegan

Serves 12-16

INGREDIENTS:

Step 1:

3 Tbsp Olive Oil
1/2 cup Red Wine
3 Onions, medium, chopped
4 cloves Garlic, minced

Step 2:

1/2 cup Water or Vegetable Stock
1 cup Zucchini, 1/2 inch dice
1 cup Baby Carrots, chopped
1 cup Celery, chopped
1 cup Sweet Pepper, red or green, chopped

Step 3:

1 cup Ripe Fresh Tomatoes, 1 inch dice
4 14oz cans Diced Tomatoes with juice
3 Tbsp Tomato Paste
2 cups White Mushrooms, sliced
2 Tbsp Chili Powder
2 tsp Cumin
1 Tbsp Dried Basil
1 Tbsp Oregano
1 Tbsp Dill

Step 4:

1 16oz can Red Kidney Beans, drained and rinsed
1 16oz can Pinto Beans, drained and rinsed
1 16oz can Black Beans, drained and rinsed
1 Tbsp Lemon Juice
2 tsp Brown Sugar
Cayenne Pepper or Hot Sauce

PROCEDURES:

Step 1:

- In large heavy pot, over medium heat, combine wine and oil and heat to simmering
- Add onions and garlic and sauté 5 minutes.

Step 2:

- Add water (or stock), zucchini, carrots, celery, and peppers and sauté until the carrots start to soften.

Step 3:

- Add fresh tomatoes, canned tomatoes, tomato paste, mushrooms, chili powder, cumin, basil, oregano, and dill and simmer for twenty minutes, stirring often.
- (Optional) For a "con carne" effect, add textured soy meat substitute (crumbled Morningstar sausage patties are best)

Step 4:

- Add beans, lemon juice, sugar, and cayenne pepper (or hot sauce) to taste, and simmer for twenty minutes, stirring often.