



My Favorite Vegan Chili

Ingredients:

- 1 1/2 tablespoons extra virgin olive oil
- 1 medium sweet onion, diced (2 cups)
- 2 tablespoons minced garlic (about 4 large cloves)
- 2 jalapeños, seeded (if desired) and finely chopped
- 1 cup finely chopped celery (about 2 stalks)*
- 1 large red bell pepper, seeded and diced**
- 1 (28-oz) can diced tomatoes, with juices
- 1 cup low-sodium vegetable broth
- 6 tablespoons tomato paste
- 1 (15-oz) can kidney beans, drained and rinsed
- 1 (15-oz) can pinto or navy beans, rinsed
- 2 tablespoons chili powder
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1/2-3/4 teaspoon fine grain sea salt, to taste
- 1/4 teaspoon ground cayenne pepper (optional)
- 1 teaspoon hot sauce (optional)

Toppings:

- Cashew Sour Cream
- Chopped green onions
- Fresh cilantro, chopped

Directions:

1. In a large pot, sauté the onion and the garlic in the oil over medium heat until soft and translucent, about 5 minutes. Season with a pinch of salt and stir.
2. Add the jalapeños, celery, and bell pepper and sauté for another 5-7 minutes or so, until softened.
3. Now add the can of diced tomatoes (with the juice), broth, and tomato paste. Stir to combine. Increase heat to medium-high.
4. Add the drained and rinsed beans, along with the chili powder, cumin, oregano, and salt. Simmer the mixture, uncovered, until thickened, about 10-15 minutes.
5. Add the cayenne and hot sauce, to taste, if using. Taste and season with additional salt if desired.
6. Serve with Cashew Sour Cream, chopped green onion, and cilantro leaves, if desired.

