



VEGETARIAN CHILI



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Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 medium onion, chopped
- 1 large red bell pepper, chopped
- 2 medium carrots, chopped
- 2 ribs celery, chopped
- $\frac{1}{2}$ teaspoon salt, divided
- 4 cloves garlic, pressed or minced
- 2 tablespoons chili powder*
- 2 teaspoons ground cumin
- 1 $\frac{1}{2}$ teaspoons smoked paprika*
- 1 teaspoon dried oregano
- 1 large can (28 ounces) diced tomatoes, with their juices

- 2 cans (15 ounces each) Kidney beans, rinsed and drained
- 1 can (15 ounces) pinto or black beans, rinsed and drained
- 2 cups vegetable broth or water
- 1 bay leaf
- 1 to 2 teaspoons sherry vinegar or red wine vinegar or lime juice, to taste
- 2 tablespoons chopped fresh cilantro, plus more for garnishing

Optional Toppings

- sliced avocado
- shredded cheddar cheese
- sour cream
- tortilla chips

Instructions

- In a large heavy-bottomed pot over medium heat, warm the olive oil until shimmering. Add the chopped onion, bell pepper, carrot, celery and $\frac{1}{4}$ teaspoon of the salt. Stir to combine and cook, stirring occasionally, until the vegetables are tender and the onion is translucent, about 7 to 10 minutes.
- Add the garlic, chili powder, cumin, smoked paprika and oregano. Cook until fragrant while stirring constantly, about 1 minute.
- Add the diced tomatoes and their juices, the drained beans, vegetable broth and bay leaf. Stir to combine and let the mixture come to a simmer. Continue cooking, stirring occasionally and reducing heat as necessary to maintain a gentle simmer, for 30 minutes.
- Remove the chili from the heat and discard the bay leaf. For the best texture and flavor, blend the chili briefly with an immersion blender, or mash the chili with a potato masher until it reaches a thicker, more chili-like consistency.
- Add the chopped cilantro, stir to combine, and then mix in the vinegar, to taste. Add salt to taste, too—I added $\frac{1}{4}$ teaspoon more at this point. Divide the mixture into individual bowls and serve with garnishes of your choice. This chili will keep well in the refrigerator for about 4 days or you can freeze it for longer-term storage.

<https://cookieandkate.com/vegetarian-chili-recipe/>

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Ingredientes

Instrucciones