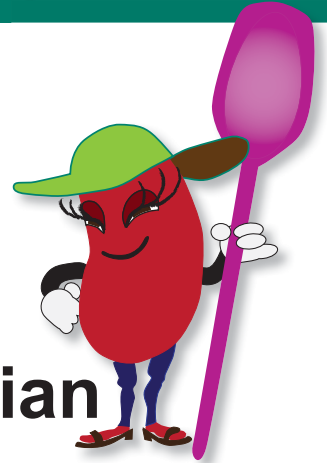


Beans, Rice And Everything Nice



No Tomato Vegetarian Chili



original recipe by
beansriceeverythingnice.weebly.com

Ingredients

1/2 teaspoon garlic powder
1/2 teaspoon ground black pepper
1/2 teaspoon chipotle powder
1 teaspoon ground cumin
1 teaspoon ground coriander
1 teaspoon smoked paprika
2 teaspoons ancho chili powder
1 Tablespoon dried Oregano
1 small onion diced
2 cloves garlic minced
1 serrano chili, seeds removed and minced
1 Tablespoon tamari (gluten-free if needed)
2 cups vegetable stock
3 stalks of celery, diced
2 large carrots, diced
1/2 pound mushrooms, thickly sliced
1 cup frozen butternut squash
1 cup frozen corn
2 cups cooked or 1 can of no-salt kidney beans
2 cups cooked or 1 can of no-salt black beans
parsley or cilantro to taste, minced (optional)

1. Prepare the vegetables. Measure the spices. Drain and rinse the beans.
2. Heat a large pot over medium heat. Add the onions and dry saute until translucent and slightly browned. Add the minced garlic and serrano chili. Stir to evenly distribute. Add the spice mixture and toast until the spices are strongly aromatic, about 1 minute.
3. Pour in the vegetable stock. Add the vegetables and the beans. Combine. Don't worry if it looks like there isn't enough liquid. The vegetables will release more water as they cook. Cover the pot and bring to a boil over medium-high heat. Remove the lid, reduce heat to medium-low, and let simmer for 15 minutes. Stir in the parsley or cilantro if using. Serve.

Tips:

I would say the heat level in this recipe is mild to medium. The ingredients that add heat are the serrano chili, ground black pepper (freshly ground if you have it), and ground chipotle chili powder. You can adjust the heat by increasing or decreasing any one (or all) of those elements.

I find the spices can be a bit bitter without the tomatoes. To balance this, I added frozen butternut squash which breaks down when cooked, thickening the broth and adding a bit of sweetness.

Chili can be very flexible. If you don't like mushrooms, try zucchini. Don't like corn? Leave it out or try another vegetable you like better. Or leave them both out and add another can of beans.

Play with the recipe and make it your own.