

Veggie & Bean Chili

SERVINGS
6-8

PREP TIME
20 MIN

COOK TIME
60 MIN

TOTAL TIME
1 HR 20 MIN

Warm, hearty, and packed with fresh vegetables, tomatoes, and a medley of flavorful spices, this Veggie & Bean Chili is a delightful dish that's perfect for chilly days.



ORGANIZING
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Ingredients

Directions

1

- Olive Oil
- 1 Medium Onion
- 4 Ribs Celery
- 2 Medium Zucchini
- 1 Green Pepper
- 1 Red Pepper
- 1 to 2 Jalapeno's

SAUTEE VEGGIES

- Drizzle generous amount of olive in 6 to 8 quart stockpot over medium heat.
- Dice onion and add to pot.
- As onions are cooking, dice zucchini, peppers, and celery and add to pot as completed, continually cooking and stirring often.
- Dice jalapeno (and seed if desired to reduce heat). Stir well.

2

- 2 T Minced Garlic
- ¼ C Chili Powder
- 2 tsp Sugar
- 2 tsp Salt

ADD SEASONINGS

- Add garlic and stir well.
- Add chili powder, sugar and salt. Stir well.

3

- 2 (28 oz) Cans Stewed Tomatoes
- 1 (15 oz) Can Tomato Sauce
- 2 (15 oz) Cans Pinto Beans
- 2 (15 oz) Can Black Beans

ADD TOMATOES & BEANS

- Add stewed tomatoes and tomato sauce to pot.
- Drain pinto & black beans and add to pot.
- Bring chili to a slight boil, mix well, and turn down heat.

4

SIMMER MIXTURE

- Simmer mixture for at least 30 min up to 1 hr-30 min with a average of 1 hour, depending on desired melding of flavors and softening of textures. Stir and check heat occasionally, adjusting as needed.

OPTIONS TO SERVE WITH:

- Saltine/Oyster Crackers
- Hot Sauce of Choice
- Diced Green Onions/Chives
- Salt To Taste
- v-Sour Cream
- v-Shredded Cheese