



VEGGIE BEAN CHILI

Prep time: 20 minutes
Cook time: 90 minutes

Makes 6 servings

INGREDIENTS

- 3 tablespoons olive oil
- 1 onion (red, white, or yellow), diced
- 1 large red bell pepper, diced
- 3 celery stalks, diced
- 2 medium garlic cloves, minced
- 2 teaspoons chili powder
- 1 teaspoon coriander
- 1 teaspoon kosher salt, plus more to taste
- 1/4 teaspoon black pepper
- 2 (15-ounce) cans kidney beans or black beans, drained and rinsed or 8 ounces / 227 grams dried kidney beans or black beans, cooked
- 1 (10-ounce) bag frozen corn
- 1 (28-ounce) can diced tomatoes
- 2 cups vegetable broth or water

OPTIONAL GARNISHES:

- shredded cheese
- sour cream
- sliced scallions
- Fritos!

INSTRUCTIONS

1. In a large Dutch oven or other heavy-bottomed pot, heat the olive oil over medium-low heat.
2. Add the onion, bell pepper, celery, and garlic.
3. Cook, stirring occasionally, for 8-10 minutes until the onion is soft but not browned.
4. Stir in the chili powder, coriander, salt, and pepper and cook for 1 minute.
5. Stir in the beans, corn, and tomatoes.
6. Add enough broth or water to your taste—you may not need all 2 cups if you like a thick chili.
7. Cover and bring to a simmer.
8. Cook, stirring occasionally, for 45 minutes to 1 hour.
9. Taste and adjust the seasoning as desired.
10. Ladle the chili into bowls, top with your garnish(es) of choice and go to town.

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