

Vegan Chili--Jerry Newman

A quick, easy and satisfying dinner that's also great for a small crowd or to take for lunch as leftovers. It's gluten-free, if you're into that sort of thing, and vegan if you don't top it with cheese and sour cream. Great with cornbread muffins and a simple salad.

Ingredients

- 2 tablespoons olive oil
- 1 lb Mirepoix Mix (I used Olivers. Substitution is 1g yellow onion, 2 stalks celery, 1 lg carrot all diced into small pieces)
- 1 green bell pepper, diced small
- 2 teaspoons salt, divided (see note in directions)
- 6 garlic cloves, chopped
- 2 tablespoons tomato paste
- 1 tablespoon chili powder (American style Chili Powder spice blend)
- 2 teaspoons ground cumin
- 1 teaspoon sweet smoked paprika
- 1 teaspoon hot paprika
- 2 cups good vegetable broth
- 28 ounces (1 large or 2 small cans) chopped tomatoes
- 3 15.5-ounce cans pinto beans, rinsed and drained
- 10 ounces (1 small bag) frozen corn kernels
- 1/2 cup chopped cilantro
- Juice of 1/2 lime

Optional (Chili is no longer vegan if cheese or sour cream is added)

- Shredded sharp cheddar or jack cheese
- Sliced avocado
- Minced red onion Sour cream

Instructions

- • In a 5 1/2-quart Dutch oven or similar heavy pot, warm the olive oil over medium-high heat. Add the onion, green pepper, carrot, celery and 1 teaspoon salt and cook, stirring only occasionally, until vegetables are beginning to be tender and browned, about 10 minutes. Add garlic and cook, stirring frequently, for one minute. Add tomato paste, chili powder, cumin and paprika and cook, stirring, one minute more. Stir in broth and tomatoes (with all their juices), along with an additional teaspoon salt if your beans are unsalted or low-sodium. Bring to a boil, then reduce heat to simmer for 5 minutes. Sauce should be nice and thick. Add beans and corn (straight from frozen is fine) and simmer until warmed through. Off the heat, stir in cilantro and lime juice. Serve with shredded cheese, avocado, red onion and sour cream if you like.

Original unmodified recipe at URL: <https://umamigirl.com/vegetarian-chili-recipe/>