

Multi-Bean Vegetarian Chili

Vegan + Gluten Free (unless using cheese condiments)

12 servings

2 T. Olive Oil

4 cloves garlic, minced

1 large onion, diced

3 bell peppers (any color; I used 1 red, 1 yellow, 1 orange), roasted and peeled, diced

1 can roasted green chilis (can be whole or diced)

2 large carrots, peeled and diced

2 stalks celery, diced

1 large jalapeno pepper, seeded and finely diced

1/4 c. Dijon mustard

1 small can tomato paste

3 +/- cups vegetable broth

1 can (12-14 oz) tomato sauce

1 can (10 oz) diced tomatoes

1/2 tsp. sea salt

2 tsp. dried oregano

3 T. ground cumin

4 T. chili powder

1/4 tsp. cayenne pepper

1 tsp. smoked paprika (optional)

1 can each: Kidney Beans, Cannellini Beans, Black Beans, Garbanzo Beans, drained and rinsed

2 medium zucchini, diced and lightly sautéed

1/4 cup cornmeal

1/2 cup warm water

1 small bunch fresh cilantro, chopped

Preparation:

Roast the peppers (either over the burner flame or under a broiler) and put in a brown paper bag with the top folded over to sweat. After 15 minutes, peel the skin off under the faucet. (Roasting the peppers is not a “must do”, but it nicely enhances the flavor.) If one doesn’t want to roast the peppers, merely dice and add to the sauté mixture in the first step.

In a small pan, sauté the zucchini in a bit of olive oil just until it begins to soften. Set aside.

In a large pot, heat the oil over medium heat. Add garlic, onion, peppers (excluding the canned green chili), carrots, celery and jalapeno and cook for about 5 minutes, stirring occasionally, until the veggies begin to soften. Add the oregano, cumin, chili powder, mustard, and salt. Stir in the tomato paste. Add the broth, tomato sauce, chopped tomatoes, and canned green chilis. Stir. Bring to a boil, then reduce the heat to low and cover. Simmer for about 30 minutes. Drain all of the beans in a colander and rinse under warm water. Add the beans and zucchini to the pot. Add the cayenne and paprika (if using). Stir, then cover and simmer for another 30 minutes.

In a small bowl or mixing cup, combine the warm water and the cornmeal, stirring to mix. Stir into the pot until well incorporated. Simmer for another 15+ minutes.

Stir in the chopped cilantro. Taste and adjust seasonings.

Can be served with additional cilantro, Cotija cheese, avocado, sour cream or pico de gallo.

We make this a day ahead to allow the flavors to meld nicely.

Enjoy!