From My Bowl

EASY VEGAN CHILI
(Caitlin Shoemaker) (6-8 servings)

1 small yellow onion, diced
2 green bell peppers, diced
3 ribs celery, diced
3 cloves garlic, minced
3 small carrots, thinly sliced
4 tablespoons ancho chili powder*
1 tablespoon ground cumin
1 teaspoon dried oregano
1/2 tsp cayenne pepper (Optional or less to taste)*
1/2 teaspoon salt
Two 15-ounce cans kidney beans, drained
Two 15-ounce cans pinto beans, drained
Two 28-ounce cans crushed tomatoes
1 cup low-sodium vegetable broth (or water)
Optional Toppings: green onions, nutritional yeast, vegan sour cream, etc.

• Base Flavor: Warm a large pot or Dutch oven over medium-high heat. Add 1/3 cup of water and add the onion, celery, and green pepper. Cook until all the water evaporates, stirring occasionally. Once the pot is "dry" and the vegetables start to turn golden brown, deglaze the pot with an additional 1/4 cup of water. This should take around 10 minutes total.

• Spices: Reduce to medium heat and add the garlic, and carrots to the pot along with the chili powder, cumin, oregano, salt and optional cayenne pepper. Sauté for an additional 2-3 minutes, adding a small splash of water if things start to stick.

• Simmer: Finally, add the kidney beans, pinto beans, crushed tomatoes, and the vegetable broth to the pot. Bring everything to a boil over high heat, then reduce the heat to create a simmer. Cover and cook for 10 minutes. Remove the lid from the pot and cook uncovered for 5 to 7 additional minutes, until the carrots are tender and the chili reaches your desired thickness. Stir this mixture occasionally, to make sure nothing sticks to the bottom of the pot.

• Serve: Serve warm, and top as desired. Leftovers can be stored in the refrigerator in an airtight container for up to 5 days and reheated on the stovetop or in the microwave. You can also store this vegan chili in the freezer for up to one month.

Chili Powder: Your chili powder should be pure ancho chili powder for better flavor, not a "blend" of various spices and salt. If you use a spice blend with salt, reduce the salt to 1/4 tsp, adding more as necessary.

Beans: You can swap out the pinto beans or kidney beans for black beans.

*Ed. Note: Use cayenne and chili powder with caution if you don't like heat. Start with a small amount.



From My Bowl: Caitlin Shoemaker is the photographer, videographer, and recipe developer behind From My Bowl. She says: "I make wholesome, easy-to-follow, and budget-friendly vegan recipes." Her goal: to create "Simply Delicious Vegan Food." Many of the recipes use oil or processed foods, but all are plant-based.

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