

Really Good Chili

This rich, aromatic chili is full of bright vegetables, beans and delicious spices. The vinegar adds a little bite, and the cinnamon and smoked paprika give it an earthy depth. I add the Beyond Beef crumbles but they are optional. If you aren't into faux meats, you can certainly make this dish without it, and lose none of the flavor.

INGREDIENTS:

2 cups of chopped onion
1 cup diced red pepper
1 cup diced green pepper
1 cup chopped fresh tomato
2 medium carrots, chopped
1 stalk celery, diced
3 cloves garlic, minced
1 package Beyond Beef crumbles (optional)
3 Tablespoons chili powder
3 Tablespoons cumin
2 teaspoons smoked paprika (a truly fabulous spice, get it!)
2 teaspoons cinnamon
3 teaspoons kosher salt (or to taste)
4 cups vegetable broth, homemade or store bought
2 (28 oz.) can crushed tomato (I use fire roasted for this dish)
1 (15 oz.) can pinto beans
1 (15 oz.) can red beans
¼ cup apple cider vinegar
black pepper to taste

DIRECTIONS:

- In a large pot, combine onion, carrot, celery, and green and red peppers with a bit of olive or avocado oil. Sauté the vegetables until soft. (You can also sauté in water if you're avoiding oil.)
- Add the Beyond Beef crumbles, breaking up with a wooden spoon and mixing with the veg.
- Add the vegetable broth, diced and fresh tomatoes, garlic and all the spices. Stir well. Add beans and vinegar.
- Bring to a rolling simmer and reduce to a quiet simmer, cover and cook for one hour, checking and stirring every now and then.
- Serve garnished with a little chopped tomato and onion.

