

Veg Cooking Blog

Hearty Vegan Chili

2 Tbsp. oil
 6 garlic cloves, minced
 1 cup chopped white onion
 1 lb. defrosted veggie burger crumbles (optional)
 Red pepper flakes, to taste
 1 Tbsp. chili powder — $\frac{1}{2}$ Ancho, $\frac{1}{2}$ Chipotle
 2 $\frac{1}{2}$ tsp. cumin
 1 tsp. oregano
 1 bay leaf
 28-oz. can diced Mexican-style tomatoes
 1 Tbsp. soy sauce
 1 $\frac{1}{2}$ cups vegetable stock
 6 oz. tomato paste — *Puree*
 1 Tbsp. red wine vinegar
 16-oz. can pinto beans, drained and rinsed
 28-oz. can kidney beans, drained and rinsed
 Vegan cheese (optional)

- Heat the oil in a large pot over medium heat.
- Add the garlic and onion and sauté until softened, about 5 minutes.
- Add the veggie burger crumbles, if using, red pepper flakes, chili powder, and cumin and cook for an additional 2 minutes, or until fragrant.
- Add the oregano, bay leaf, tomatoes, soy sauce, stock, tomato paste, and vinegar, then bring to a boil, lower the heat, and simmer 30 minutes, stirring occasionally.
- Add the beans and simmer 15 minutes longer to heat through and blend flavors.
- Add more water, if necessary, or cook longer to reach desired consistency.
- Top with shredded soy cheese if desired and serve.

Makes 8 to 10 servings

$\frac{1}{2}$ tspn Jalapeno Dried

... $\frac{1}{2}$... tspn Crushed Red Pepper

$1\frac{1}{2}$ Cups TVP (02-15-2010) (+ 2 c. Veggie broth)