

# Vegetable Chili

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*Makes 6 quarts of vegetable chili – about 6-8 servings*

- 2 T olive oil
- 1 red onion
- 4 cloves garlic
- 3.5 lbs tomatoes (or 6 cups of puree, make your own or use canned)
- 3 bell peppers
- 4 large carrots
- 1/2 lb shiitake mushrooms
- 6 stalks celery
- 8 Brussels sprouts, sliced
- 1 cup water
- 1 cup corn
- 3 cups beans (cooked)
- 2 T chili powder
- 1 T cumin
- 1 T oregano
- 1 T paprika
- 2 t salt
- 1 t black pepper
- 1/2 t cayenne pepper

## DIRECTIONS

1. Prior to making this chili, cook beans of your choice to make about 3 cups worth of beans.
2. Place a medium pot of water over high heat to bring to a boil (to make the tomato puree). Set a large bowl of cold water to the side. Skip this step if you are using canned puree.

3. Cut all veggies to be similarly sized chunks. Heat olive oil in large dutch oven over medium-low heat and add the onions. Cook for 5 minutes.
4. Add garlic, peppers, carrots, mushrooms, and celery. Cook until all are tender, about 15-20 minutes, stirring occasionally. Turn the heat down if things start to burn on the bottom of your pot.
5. Make the tomato puree while everything is cooking. Core the tomatoes and cut an X on the bottom of each tomato. Drop into boiling water and blanch for 1 minute. Do this in batches. Remove from the boiling water and place into a bowl of ice water. Once cool enough to touch, remove the skin, drop into your blender and puree.
6. Add all of the spices, S & P, and stir well, cook 1 minute. Add the tomato puree, water, corn, sprouts, and beans. Stir well to combine. Cover and simmer 10 minutes.