

Deni's Easy Peasy Hearty Vegan Chili (No Oil)

A filling and fulfilling quick chili to warm the cockles of your heart.

Categories

Gluten-free

Yields: 8 servings

Preparation time: 20 mins

Cooking time: 60 mins

Category: Entrees

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Cooked

Ingredients

Onion, white, yellow or red, raw	2 large
Carrots, raw	4 cups
Celery, raw	2 cups
Garlic, fresh	6 cloves
Mushrooms, raw	1 cups
Black beans, canned, drained	2 cups
Pinto beans, canned, drained	2 cups
Kidney beans, canned, drained	2 cups
Great northern beans, canned, drained	2 cups
Yams, sweet potato type, raw	1 cup
Tomato paste	4 tablespoons
Tomato sauce	6 cups
Chili powder	2 tablespoons
Cumin, ground	1 teaspoon
Turmeric, ground	1 teaspoon
Black pepper, ground	1 dash
Salt, Himalayan (pink)	1 dash
Oregano, ground	1 teaspoon
Thyme, ground	1 teaspoon
Basil, ground	1 teaspoon
Water	4 cups
Corn, yellow, cooked from fresh, whole kernel	1 cup

Instructions

- 1) Chop all the veggies into small pieces (celery, carrots, garlic, onions, mushrooms).
- 2) Sauté, in a large pot, all the veggies until the onions are translucent.
- 3) Add all the spices. Stir.
- 4) Add the tomato paste and tomato sauce.
- 5) Add water.
- 6) Stir
- 7) Add all the beans.
- 8) Cook for about an hour until the mixture becomes thick.
- 9) Add corn kernels.
- 10) Chili should be thick enough so that you can place a scoop of Guacamole on top.
- 10) Enjoy with cornbread.