



VEGETARIAN CHILI

INGREDIENTS

- ½ small onion, diced small
 - 1 carrot, diced small
 - 1 rib celery, diced
 - ½ small red or yellow bell pepper, diced
 - 1 cup other diced sweet potato
 - 1 clove of garlic, rough chopped
 - ¾ tablespoons mild chili powder
 - ½ tablespoon cumin
 - ½ teaspoons coriander
 - ¼ teaspoon chipotle powder for heat (or sub 1 teaspoon smoked paprika) or add both!
 - ½ teaspoons dried oregano
 - ¼ teaspoon kosher salt, divided
 - ⅛ teaspoon cinnamon
 - 1 8-ounce can diced tomatoes, with juices, or 2 cups fresh tomatoes, diced (with juices)
 - 1 14-ounce cans bean – any assortment of black, pinto, kidney or chickpeas, white beans, etc. (drain and rinse) about 1 cups cooked beans.
 - 1 Tablespoons of water
 - 1 teaspoon soy sauce or GF Liquid Amino's
 - 1/2 teaspoon dark cocoa powder
 - Garnishes – avocado, fresh tomatoes, cilantro, sour cream, grated cheese, or a drizzle of olive oil
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Instructions

Small dice the onion, carrots (unpeeled) and celery, and place in a large dutch or heavy-bottomed pot over medium heat, with a couple of tablespoons of olive oil. Chop the rest of the veggies and the garlic and add to the pot, season with $\frac{1}{2}$ teaspoon salt and continue cooking for 15 minutes, or until veggies are just tender, stirring occasionally. Getting a little browning in the pot is good.

While this happening, line up your spices, rinse and drain the beans. If using fresh tomatoes, dice them saving the juices.

When the veggies are just tender add the spices – chili powder, cumin, coriander, oregano, optional chipotle powder and/or smoked paprika, cinnamon. Toast the spices in the pot for 1-2 minutes to bring their flavors forward. Add the tomatoes (with their juices), water, and beans. Add the remaining salt, stir, and then cover with a lid, and simmer gently on low heat, for 15 minutes. Get your garnishes and bowls ready.

Stir in soy sauce and chocolate. Taste, adjust, adding more soy for depth as needed.

Serve with fresh cilantro, diced avocado, or a dollop of sour cream or even a little drizzle of olive oil