

VEGAN CHILI

Makes 6 Servings



INGREDIENTS

- 1 Tbsp avocado oil
 - 1 large yellow onion, chopped
 - 1 small leek, finely chopped
 - 5 cloves garlic, minced
 - 2 jalapenos (optional), seeded and finely chopped
 - 2 bell peppers, seeded and chopped
 - ½ cup bulgur wheat or quinoa, rinsed
 - 28 oz can fire roasted diced tomatoes
 - 4 cups cooked beans
- Chili Seasoning**
- 3 tsp chili powder
 - 1 tsp smoked paprika
 - 1 tsp cumin
 - 1 tsp Mexican oregano
 - 1 tsp cayenne (optional)
 - 1 tsp salt
 - ¾ tsp garlic granules
 - ½ tsp onion powder
 - ½ tsp coriander

DIRECTIONS

1. In a large, heavy bottomed pot, heat avocado oil over medium heat. Saute onion until translucent. Add leek and garlic, cook and stir one minute, or until garlic is fragrant. Add jalapenos and bell peppers, cook and stir and addition minute or two.
2. Next, stir in bulgur wheat or quinoa, tomatoes, beans, and chili seasoning until fully combined.
3. Bring to a low boil, reduce heat, cover, and simmer for about an hour, stirring occasionally. Taste and adjust seasonings if desired.
4. Serve with cornbread and a dollop of vegan sour cream.