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## Spicy Slow Cooker Chickpea Chili (+ Instant Pot)

Course: Main Course

Cuisine: Freezer Slow Cooker

Calories: 215kcal





GOOT FROM WORK:

Prep Time	30 mins
Cook Time	10 hrs
Total Time	10 hrs 30 mins

## Ingredients

### Chili

28 oz diced tomatoes (828 mL)

13.5 oz tomato sauce (400 mL)

4 tablespoons adobo sauce (see note \*) + 1 chopped chipotle pepper (for spicy)

2 tablespoons chili powder

1 tablespoon ground cumin

1 teaspoon salt

½ cup stock

5 cups sweet potato cubes (cut into 1.5-2 inch cubes 1 large or 2-3 small sweet potatoes)

4 cloves garlic (minced)

2 small onions (diced)

2 carrots (peeled and sliced)

2 19 oz cans of chickpeas (drained and rinsed)



Cilantro leaves

☐

Sour cream or Greek yogurt

☐

Tortilla chips

## Instructions

### Slow Cooker

1. Add all ingredients to the base of a 5 quart slow cooker. Mix with a spatula until completely combined.
2. Cook on lowest setting for 8-10 hours.
3. Before serving, stir in the lime juice.
4. Serve with avocado, cilantro, yogurt/sour cream, and tortilla chips.

### Instant Pot

1. \*You need to halve the recipe for a 6 quart Instant Pot, as it fills above the  $\frac{2}{3}$  full limit. Or make a full batch and freeze half the uncooked recipe for later\*
2. Toss all ingredients (of a half batch) into the Instant Pot, and stir until completely combined.
3. Cook on high pressure for 10 minutes, followed by a natural release (I unplugged my IP and let it sit for 10-15 minutes, then released remaining pressure).

### Storage

1. After cooking, this chili may be stored in the fridge for up to 4 days or the freezer for up to 3 months.

### Freezer Crockpot

1. Assemble all ingredients in a large freezer bag, reusable silicone bag, or meal prep container. Squeeze out air and freeze for up to 3 months.
2. When ready to cook, thaw completely before cooking as indicated above.

## Notes

Nutritional information excludes toppings

\* for a mild version, try 2 tablespoons

