

# Vegetarian Chili

Prep: 10 mins

Cook: 25 mins

Total: 35 mins

Servings: 6 servings

This vegetarian and vegan chili is quick, easy, and gluten-free to boot. It's a flavorful and filling option for a weeknight dinner, family meal, potluck, hot lunch, and more.

For extra texture surprisingly close to meat, include the TVP (textured vegetable protein) called for in this recipe or swap for your favorite vegetarian ground "beef." If needed, brown in a skillet and drain before adding. Drained and pressed crumbled firm or extra-firm tofu also works nicely.

Serve this veggie chili with fun toppings like shredded cheese or sour cream (dairy or vegan alternatives), avocado, cilantro, pickled jalapeños or red onion, and sliced green onions. Crisp tortilla chips are a popular side dish and great for dunking.

## Ingredients

- 2 tablespoons olive oil
- 1/2 medium onion, diced
- 1 bell pepper, diced
- 3 cloves garlic, minced
- 1 (15-ounce) can diced tomatoes
- 1/4 cup vegetable broth
- 2 tablespoons chili powder
- 1/2 teaspoon salt, or to taste
- 1/2 teaspoon pepper, or to taste
- 1 dash cayenne pepper, optional
- 1 dash red pepper flakes, optional
- 1 (15-ounce) can black or pinto beans, drained
- 1 (15-ounce) can kidney beans, drained
- 1/2 cup textured vegetable protein (TVP) mixed with 1/2 cup water, optional

## Steps to Make It

1. Gather the ingredients.
2. Add the oil to a medium or large soup pot and heat over medium heat. Sauté the onion, bell pepper, and garlic for 3 to 5 minutes, until the onions are soft.
3. Add in the can of undrained tomatoes, vegetable broth, chili powder, salt, pepper, cayenne, and red pepper flakes (if using) and stir.
4. Reduce heat to medium-low and add the beans. Stir occasionally and simmer for at least 20 minutes.
5. Add the optional TVP and water 10 minutes before the chili is done.
6. Taste and adjust the seasoning as needed. Enjoy.

## Tips

- This recipe is both vegetarian and vegan and it can easily be made gluten-free by using gluten-free vegetable broth and TVP. Or you can simply swap for water.
- If you prefer a thicker chili, simmer the mixture uncovered for longer to evaporate more of the liquid. Or mash some of the beans to create a naturally thicker mixture.
- For a thinner chili, add more vegetable broth until the desired consistency is reached.

## Recipe Variations

- You can swap the TVP for cooked and crumbled vegetarian ground "beef," cubed or crumbled firm tofu, or simply leave it out.
- Adjust the spice level by adding more or less cayenne pepper and red pepper flakes. You can also include a chopped jalapeño or two along with the bell pepper.

## How to Store and Freeze

- Vegetarian chili makes great leftovers. Store in an airtight container in the fridge for up to four days. Reheat on the stovetop or in the microwave.
- You can also freeze leftover chili for up to three months. Defrost in the fridge before reheating and serving.