

# The Best Vegetarian Chili in the World



Break out your soup pot and fix up a batch of this delicious, spicy vegetarian chili today! It's ready in no time, and packed with vegetables, beans - and flavor!

**Prep:** 15 mins

**Cook:** 1 hr

**Total:** 1 hr 15 mins

**Servings:** 8

**Yield:** 8 servings



## Ingredients

- 1 tablespoon olive oil
- ½ medium onion, chopped
- 2 bay leaves
- 1 teaspoon ground cumin
- 2 tablespoons dried oregano
- 1 tablespoon salt
- 2 stalks celery, chopped
- 2 green bell peppers, chopped
- 2 jalapeno peppers, chopped
- 3 cloves garlic, chopped
- 2 (4 ounce) cans chopped green chile peppers, drained
- 2 (12 ounce) packages vegetarian burger crumbles
- 3 (28 ounce) cans whole peeled tomatoes, crushed
- ¼ cup chili powder
- 1 tablespoon ground black pepper
- 1 (15 ounce) can kidney beans, drained
- 1 (15 ounce) can garbanzo beans, drained

## Directions

### Step 1

Heat the olive oil in a large pot over medium heat. Stir in the onion, and season with bay leaves, cumin, oregano, and salt. Cook and stir until onion is tender, then mix in the celery, green bell peppers, jalapeno peppers, garlic, and green chile peppers. When vegetables are heated through, mix in the vegetarian burger crumbles. Reduce heat to low, cover pot, and simmer 5 minutes.

### Step 2

Mix the tomatoes into the pot. Season chili with chili powder and pepper. Stir in the kidney beans, garbanzo beans, and black beans. Bring to a boil, reduce heat to low, and simmer 45 minutes. Stir in the corn, and continue cooking 5 minutes before serving.

## Nutrition Facts

### Per Serving:

391 calories; protein 28.2g; carbohydrates 58.7g; fat 7.9g; sodium 2571.2mg.

drained

1 (15 ounce) can black beans

1 (15 ounce) can whole kernel  
corn

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