

Sarah's Vegan Chili

This is a classic chili recipe minus the meat! Medium spicy, and super savory it's the hearty comfort food you need with more of the nutrients you need, and less of the stuff you don't! I have lots of suggestions in this recipe for stuff you can throw in to change it up, but take this and make it your own! Message me, if you find the perfect addition, I want to try it. It's Gluten Free, Soy Free, and Dairy Free (duh) if you're lookin' out for that stuff.

Beans (Make ahead of time)

You can use whatever beans you want. I used **2 cups of dry pinto beans** (made 4 cups cooked) and **2 cups of canned black beans**. You could use kidney beans, great northern beans, navy beans, whatever you prefer.

If you need to make this in a hurry, use canned. They're already perfectly tender. Just rinse and go.

If you prefer dry, just make sure to soak them overnight like it says on the package.

After you soak them, change the water and boil the heck out of them for at least an hour until tender. They don't have to be all the way done if you have time to simmer your chili (recommended) cuz they can finish cooking then, but you want them most of the way there. Nothing takes away from the chili experience like crunchy, starchy beans. Make sure you add a good amount of salt, and optionally some dried chilis and bay leaves, don't be shy.

After you cook them CHANGE THE WATER AGAIN. Don't use that for your chili, it's got all kinds of hard-to-digest fibers in there.

And that's it! Set the beans aside for now.

Everything Else

- 16 oz White Mushrooms (Cubed, Try King Oyster mushrooms if you can get them!)
- Stuff to Marinate Mushrooms (Soy sauce, liquid aminos, Worcestershire sauce, liquid smoke etc. You want it salty and meaty)
- 3 Tbsp Coconut Oil (Use refined, it's not supposed to taste like coconut)
- 1 Onion
- 4 Cloves of Garlic (Minced or Pressed)
- 1 Carrot (2 if you really like carrot)
- 1 Poblano Pepper (You can roast it in your oven first or just dice it and throw in your sauté pan)
- 1 Tbsp of Cumin
- 1 Tbsp Ancho Chili Powder (Now is not the time to wuss out, this is where the flavor is!)
- ½ tsp Ancho Chili Powder
- Dash of Cayenne Pepper
- Dash of Black Pepper
- Dash of Oregano
- 1 Tbsp Tomato Paste
- 1 tsp Better than Bouillon (if you don't have this, just use some vegetable stock instead of water later)

Okay, **mushroom marinade**, whatever you decide to add to that, mix it all together BEFORE you put it on the mushrooms. I really recommend like 4 drops of liquid smoke, but you can't put that directly on the mushrooms and expect it to be evenly distributed. Also, **2 Tbsp Coconut Oil** get added to the marinade. Add your completed marinade to the cubed mushrooms.

You can let them marinate overnight, or just let it soak for like 10 minutes, depending on what you have time for.

Throw the mushrooms in a large Sauté pan over medium high heat. Once they've released a bunch of

liquid add the **onion** and the **carrot**. When the onion starts to get translucent, add the **poblano**, **garlic** and all of those **spices**.

Let em toast for just a minute or two (don't burn them) then stir in the **tomato paste** and **Bouillon paste** if you have it. You may have to add that last bit of **coconut oil** now to prevent sticking.

Mix it in well. That whole concoction should be thick and saucy now. Stir it around and let the tomato paste cook for a minute. Transfer your sauté stuff to a large soup pot with the **beans** and add 4 cups of **water** or **broth**. (If you have some flavor stuck to the bottom of your sauté pan, you can put some of the water in there first to deglaze.)

The Whole Shebang!!!

Simmer everything together for at least an hour. Keep an eye on this! It can thicken and burn on the bottom, so stir occasionally and add water if necessary. I added 2 Tbsp of **nutritional yeast** by taking a little broth out of the pot and putting it in a small bowl, then mixing the "nooch" into that very well before adding to the big pot. Adds a nice oom-pah-pah.

I also like this with a nice brown beer added to the stock. YUM! Alternatively you could try this with cinnamon, or other herbs, or maybe some vegan chorizo! (would probably be a soy product, so watch out)

Right at the end, check and see if it needs salt, but hopefully you're having it with some **salty tortilla chips**, so take that into account.

Serve it up nice and hot!

Optional Toppings:

- Green onions
- Cilantro
- Vegan Sour Cream (Try Tofutti, it's good.)
- Fritos or tortilla chips
- Diced white or red Onion... you know the drill.