

Veggie-Packed Chili

INGREDIENTS

- 1 onion
- 2 carrots
- 1 small head cauliflower
- 1 green pepper
- 2-3 cloves garlic
- 2 tsp ground cumin
- 2 tbsp chili powder
- 1 tbsp apple cider vinegar
- 1 can whole tomatoes (15 oz)
- 1 can crushed tomatoes (15 oz)
- 2 cups cooked kidney beans
- 1/2 tsp sea salt
- 1/2 tsp black pepper, ground
- Oil (optional)
- 1 cup water
- Avocado
- Corn
- Cilantro
- Red onion
- Lime

METHOD

1 Prep. First, dice the onion, carrots, and green pepper. Cut the cauliflower into small florets. Mince the garlic. Remove the seeds from the whole tomatoes and roughly chop them. Drain and rinse the kidney beans if using canned beans. Dice the avocado, mince the red onion, roughly chop the cilantro, and cut the lime into wedges.

2 Cook the Chili. Heat a large pot or Dutch oven over medium-high heat. Add the onion and cook, stirring, until it begins to soften. Add the carrots and cook until the onion is translucent and the carrots begin to soften. Add a small amount of oil or water if needed to prevent sticking.

Next, add the garlic and cook for about 30 seconds. Add the green pepper and cauliflower. Cook for about 5 minutes, until they begin to soften. Add a little water if the mixture becomes dry. Add the ground cumin, chili powder, apple cider vinegar, chopped whole tomatoes, crushed tomatoes, kidney beans, and 1 cup water. Bring to a boil.

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METHOD (continued)

Reduce heat and simmer gently, stirring occasionally, until the vegetables are tender and the flavors are well combined. Add more water if the chili becomes too thick.

Taste and adjust seasoning with sea salt and freshly ground black pepper.

3 Serve. Ladle the chili into bowls. Top with avocado, corn, cilantro, red onion, and lime wedges if desired.