

School of Social Work

Change is Spicy Chili! (vegetarian option)

Ingredients:

2 tbsp olive oil
1 onion, chopped
1 bell pepper, chopped
2 carrots, chopped
2 ribs celery, chopped
1/2 - 1 teaspoon salt or to taste
4 cloves fresh minced garlic or more to ward off vampires
2 tbsp chili powder
2 teaspoons ground cumin
1 1/2 teaspoons SMOKED paprika *NOT the regular kind!
1 teaspoon oregano
1 large can (28 ounces) or 2 small cans of diced tomatoes (the fire roasted kind are best)
2 cans black beans
1 can pinto beans
2 cups vegetable broth or water
1 bay leaf
For a spicier chili you can throw in a whole chipotle or New Mexican dried hot pepper

Directions:

- Warm up olive oil in a large pot or dutch oven, then add onion, bell pepper, carrots, celery, and a generous pinch of salt. Stir occasionally until the onion is translucent, about 5-8 minutes.
- Add the garlic and spices, and cook for a minute or two
- Add tomatoes, beans (drained) and the veggie broth/water, let it come to a simmer, then reduce heat as necessary and let it simmer gently for 30 minutes, stirring occasionally.
- Mash it up a little with a potato masher so it gets a nice consistency. May need to taste and add more salt.