

NOT-TOO-HOT CHILI

From the Kitchen of: Kim Korona, Program Manager, VegMichigan



Preparation Time: 25 minutes | **Cook Time:** 35 minutes | **Yield:** 6-8 (12-ounce) bowls

INGREDIENTS:

- 2 cups water or vegetable broth
- 2 teaspoons vegetable bouillon (omit if using prepared vegetable broth)
- 1 medium yellow onion, chopped
- 1 1/2 Tablespoons extra-virgin olive oil
- 4 teaspoons smoked paprika, divided
- 1 teaspoon sea salt, divided
- 2 teaspoons black pepper, divided
- 2 large celery stalks, chopped
- 4 large garlic cloves, chopped
- 2 medium carrots, chopped
- 1 large orange bell pepper, seeded and diced
- 6-8 button mushrooms, chopped
- 6 teaspoons ground cumin, divided
- 4 teaspoons chili powder, divided
- 4 teaspoons dried oregano, divided
- 1 (15-ounce) can kidney beans, drained and rinsed
- 1 (15-ounce) can pinto beans, drained and rinsed
- 1 (15-ounce) can black beans, drained and rinsed
- 1 (15-ounce) can of sweet corn, drained
- 1 (28-ounce) can diced tomatoes, with juices (fire-roasted, if possible)
- 2 cups tomato juice (or additional 3-4 cups vegetable broth)
- 1 (6-ounce) can of tomato paste
- 1/8 teaspoon ground cayenne pepper

"A not too spicy, well-seasoned hearty chili, that can be made from many local and organic ingredients. This chili pairs well with a homemade plant-based cornbread," says Kim, who developed this recipe after accidentally making chili for a dinner party that was far too spicy! Though her guests graciously ate her spicy chili, she later developed this "not too hot" version.

Later, Kim won a chili cook-off with this recipe! She says, "Because I am plant-based, I wanted to make a hearty veggie chili that people would enjoy. Only two people participated in the cook-off, but a lot of people came out to try the chili. Everyone enjoyed both chilis and several said what they liked about mine was that it tasted like the chili they were used to, but it was a healthier version with so many vegetables."

INSTRUCTIONS:

- In a medium saucepan, boil 2 cups of water and add 2 teaspoons of vegetable bouillon stirring until it dissolves. Turn off the heat and set the broth aside. Forgo this step if using a prepared vegetable broth.
- In a large pot over medium heat, sauté the chopped onion in olive oil with 2 dashes of smoked paprika, a pinch of sea salt, and a pinch of black pepper until the onion is translucent.
- Add the chopped celery to the sauté for a few minutes, and then the chopped garlic. Stir regularly to avoid sticking.
- Mix in the chopped carrots and continue to sauté the mixture.
- Mix in the chopped orange bell pepper, and then the chopped button mushrooms.
- Add half of each of the following seasonings to the vegetable mixture (smoked paprika, sea salt, black pepper, cumin, chili powder, and oregano).

- Add the three types of beans, sweet corn, diced tomatoes, tomato paste, tomato juice, and vegetable broth. Stir well, mixing everything together.
- Add all the remaining spices, including the cayenne. Stir the chili well.
- Bring the chili to a boil and then turn down the heat and let it simmer for 1 hour, stirring occasionally.
- Adjust the seasonings to taste.
- Serve and enjoy!

KIM'S SUSTAINABILITY TIPS:

Kim suggests preventing food waste from this recipe by saving the food scraps to make broth (see page 101), and by using homemade broth in this recipe. To reduce waste from packaging, consider using dry beans in bulk and upcycling cans into fun craft projects!

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