

## Vegan Chili



### Utensil:

5 Qt./4.7 L Roaster with Cover

7 Qt./6.6 L Roaster with Cover

**Rate** ★★★★★

### Recipe:

### Contributed By:

Isis Israel

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2 tablespoons

chili powder

(30

mL)

2 tablespoons

ground cumin

(30

mL)

1 teaspoon

oregano

(5

mL)

¼ teaspoon

cayenne pepper

(1.25

mL)

1 green pepper, chopped

1 spicy pepper, chopped (optional)

3 garlic cloves, chopped

14½ ounces

diced tomatoes, un-drained

(411

g)

1 cup

water

(240

mL)

2 cups

dried beans (black, kidney or pinto beans)

(368

g)

### Directions:

1. Soak beans overnight in 6 cups of water. Drain water and cook beans in 5 Qt. Roaster for 45 minutes in water, making sure the water is 2-inches above the beans in the pan.
2. In 7 Qt. Roaster, sauté onions and spices. Add peppers and garlic and sauté for 1 minute.
3. Add tomatoes, water and beans. Bring to a simmer-boil and

add corn.

4. Reduce heat to low and simmer, covered, for 15 minutes.
5. Add salt and pepper to taste. To serve, sprinkle with cilantro.

Nutritional Information per

▼ Serving

**Calories:** 293  
**Total Fat:** 2g  
**Saturated Fat:** 0g  
**Cholesterol:** 0mg  
**Sodium:** 234mg  
**Total** 55g  
**Carbs:**  
**Dietary Fiber:** 19g  
**Sugar:** 8g  
**Protein:** 18g