

## Vegan Chili



### Utensil:

5 Qt./4.7 L Roaster with Cover

7 Qt./6.6 L Roaster with Cover

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### Contributed By:

Isis Israel

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3

onions, chopped

2

tablespoons

chili powder

(30

mL)

2

tablespoons

ground cumin

(30

mL)

1

teaspoon

oregano

(5

mL)

<sup>1</sup>/<sub>4</sub>

teaspoon

cayenne pepper

(1.25

mL)

1

green pepper, chopped

1

spicy pepper, chopped (optional)

3

garlic cloves, chopped

14<sup>1</sup> ?<sub>2</sub>

ounces

diced tomatoes, un-drained

(411

g)

1

cup

water

(240

mL)

2

cups

dried beans (black, kidney or pinto beans)

(368

g)

1

cup

fresh or frozen corn

(154

g)

salt and pepper

cilantro, garnish (optional)

### 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 Carbs:**

55g

**Dietary Fiber:**

19g

**Sugar:**

8g

**Protein:**

18g