

# "I CAN'T BELIEVE IT'S VEGAN" CHILI

Presented by Susan Cator-President, Ex. Dir., Darien Chamber of Commerce

I tried a similar chili at a parent-child sports dinner and was so impressed, I decided to try a version for a Super Bowl party. Everyone liked it so much, I was inspired to share my recipe. Not only is it Vegan, it is 95% organic\*. You could easily make it 100% organic by buying all organic products.

Yield: 10 people or more

For 2 gallons, 2x+ the amounts

## Ingredients:

- 2 package (8oz) tempeh\*
- 1 large yellow onion\*-chopped well
- 1 green pepper\* chopped well
- 1 large carrot\*, diced small
- 3 cloves of garlic\*-minced
- 1 Tbsp olive oil + 2 tsp
- 2 tsp soy sauce\*
- 6 tablespoons chili powder (fresh-buy new)
- 2 tsp cumin
- 2 tsp fresh oregano chopped (or ½ tsp dried)
- 1 ½ tsp Himalayan salt
- Freshly ground cracked pepper
- Two 15oz. cans dark red kidney beans\*-drained
- One 15oz. can pinto beans\*-drained
- One 18oz. can diced tomatoes\*
- 3 Tbsp tomato paste\*
- 1 ½ cups vegetable broth\*
- 3-4 tsp pure dark maple syrup\*
- Juice of ½ a lemon\*

## Preparation:

In a large pot, add 1 tbsp of olive oil to a large dutch oven and cook onions and green bell pepper over med-high heat, until tender and a little brown (approx. 15 min) stirring occasionally. While the onions etc are cooking, put tempeh in a large frying pan and fill with water until it is almost covered.

Add 2 tsp soy sauce to the water and tempeh and let simmer over med-high heat for approx. 15 minutes or until water is absorbed, stirring occasionally. When water is mostly absorbed (or totally absorbed), break up tempeh with a fork, so it is crumbly but still chunky. Lower heat to medium and add 2 tsps olive oil, saute for approx. 15 minutes until just a little brown and put to the side. Add garlic to the onion/bell pepper saute, add in salt and spices and saute that for 1 minute. Add the diced tomatoes, tomato paste, beans, carrots and vegetable broth. Add the tempeh. Lower the heat to medium (very low simmer), stir it up and cover for 30 minutes, stirring occasionally. Uncover and cook for an additional 30 minutes, stirring occasionally. Add maple syrup and lemon juice and stir it up. This can cook for as long or short as you'd like. The longer it cooks, the more the flavors absorb. You can add more cumin & chili powder to taste.

When serving-You can add all your garnishes you like—chopped cilantro and/or avocado. If you are not vegan, add cheese and sour cream and maybe enjoy with some corn bread!