

20 MINUTE HEARTY VEGAN CHILI CON CARNE

EASY ONE-POT RECIPE

Ingredients:

Sea Salt - to taste

Red Chili Flakes -spice to taste

Oregano - 1 tsp

Cumin - 1 tsp

Coriander - 1 tsp

Chili Powder - 2 Tbsp (or more depending on how heavy you like your chili flavor to be)

Onion - 1 Sweet

Garlic - 4 cloves

Olive Oil - 2 Tbsp

Beyond Meat Beefy Crumbles - 1 Pkg

Vegetable Broth - ½ carton (more or less depending on how thick you like your chili)

Diced Tomatoes w/chilis - 12 oz can

Tomato Paste - 6 oz can

Black Beans - 1 can

White Beans (your choice, cannellini, northern, white kidney) - 1 can

Whole Kernel Corn - 1 can

Optional: Macaroni Noodles -1 cup uncooked

SHOPPING LIST

- Onion
- Fresh Garlic
- Tomato Paste
- Beyond Meat Beefy Crumbles
- Vegetable Broth
- Diced Tomatoes with chilis
- Black Beans
- White Beans
- Corn
- Macaroni Noodles
- Spices not currently in pantry



DIRECTIONS

- ✔ Chop Onion and garlic. Sauté in 1 Tbsp olive oil on medium heat. When onions are soft, add 1 Tbsp Olive Oil & Beyond Meat Beefy Crumbles. Cook for 5-7 minutes until crumbles are browned.
- ✔ Add vegetable broth, tomato paste, diced tomatoes, stir to blend.
- ✔ Add spices, stir, taste for desired spiciness.
- ✔ Add beans and corn
- ✔ Optional pasta: cook according to directions on package, 9-11 minutes. Set aside (I store them separately, so they don't absorb too much liquid and get bloated).

Simmer for 10 minutes

Serve hot. Top with plant-based cheese if desired

