



Accidentally Vegan Chili

NIBBLEDISH CONTRIBUTOR

Ingredients

1 can (28 oz) crushed tomatoes (I used organic when I can)
1 can (16 oz) black beans
1/2 cup frozen corn
1/2 cup frozen bell peppers
1/2 cup frozen chopped onion
1/3 cup instant oatmeal
1 tablespoon mung beans (the small yellow ones, probably not 100% necessary)

Spices

Garlic Powder
Crushed Red Chili Peppers
Black Pepper
Sea Salt
Baco's Bacon Flavor Bits
Cinnamon

Instructions

I threw together the following and it produced a pretty decent and quick chili. I used oatmeal and mung beans as thickening agents. I also tend to use frozen vegetables because my erratic schedule tends to spoil fresh produce.

Put the crushed tomatoes, black beans, corn, bell peppers, and onion in a medium sized saucepan on full heat. Mix thoroughly. As the mixture started to "spit" as it heats up, reduce heat by half. Tomato-based sauces or soups tend to splatter, so best to keep the heat as low as possible.

When the chili is at a low boil, add oatmeal and mung beans. Stir continually.

Spices - I do this to taste. I use approximately a teaspoon of garlic powder, crushed red chili pepper and Baco's. Baco's are a vegetarian bacon replacement that are made primarily out of soy and do not contain any meat, which makes this dish vegan and kosher. The smokey flavor adds to the dish. I also use black pepper, sea salt and cinnamon (yes, cinnamon) to taste. Keep in mind also that garlic and chili pepper balance each other - if you find yourself with a dish that is too spicy, simply add more garlic to temper the spice.

Keep stirring chili, and reduce heat as the chili starts to spit. Towards the end, you should be able to put the heat to a low enough temperature that it can still turn the corn, beans, oatmeal and mung beans starchy without being a burn hazard.

Makes about 6 cups. I often serve with whole-grain crackers or brown rice, and a sprinkle of parmesan cheese.